OUR MOST FABULOUS EVER ALL STAR CHRISTMAS

DECEMBER 2015
£4.10
goodhousekeeping.co.uk

Good Housekeeping

Season of joy

Good Housekeeping Institute
TRIED & TESTED

Gifts, recipes, trees, lights, crackers and more!
All Tried & Tested for you



9 770017 208294 12

Our best-ever Christmas roasts, Champagne, pudding and cake, with special easy recipes for first timers... PLUS we celebrate with Jamie, Nigella, Mary Berry, Ottolenghi, Julie Walters, Sandi, Sir Bruce Forsyth, Susanna Reid, Monica Galetti and the stars of Strictly and Downton


KENDALL JENNER

www.esteelauder.co.uk © 2015 Estée Lauder Inc.

INTRODUCING

MODERN MUSE

LE ROUGE

BE DARING. BE AN INSPIRATION.

#modernmuse



ESTĒE LAUDER

Good Housekeeping

GH PEOPLE

10 COVER **THE STARS AT CHRISTMAS** What makes their season special

23 HERE'S TO OUR HEROINES We salute five amazing women

28 SEASON OF JOY True reasons to celebrate

37 TRAILBLAZER We talk to Libby Lane, the UK's first female bishop

41 NEW TRADITIONS How families reinvented their Christmas rituals

47 COVER **GOOD LIFE** Jamie Oliver on what he's looking forward to in December

49 THE MEMORY BOX An exclusive short story by Kate Mosse

53 GIFT GAFFES Why do some husbands get it so wrong?

57 BOOKSHELF Great reads for the festive season

TRIED & TESTED

83 COVER **AND THE WINNERS ARE...** Festive food, drink and treats all Tried & Tested

102 COVER **TOP TEN TOYS** Chosen by our primary school testing panel

105 COVER **GREAT GADGETS** The best tech we've tested

175 COVER **FABULOUS FAUX TREES** Plus the best fairy lights, crackers and flowers

GOOD HEALTH

113 REASONS TO BE THANKFUL Why gratitude can boost your health

116 PROBLEM SHARED With Professor Tanya Byron

119 ASK SARAH From our GP

121 LIVE LONGER Look younger

GOOD LOOKS

122 COVER **CELEBRITY SPARKLE** Beauty secrets of the stars

137 BEAUTIFUL AT ANY AGE What's new for you

141 BODY AND SOUL

144 TIME TO PARTY! Fairytale glamour

152 DRESS TO IMPRESS Whatever your style

159 STYLE AT ANY AGE

GOOD LIVING

60 COVER **THE GREAT GH GIFT GUIDE** Our secret Santa has your presents all wrapped up

162 DECK THE HALLS Festive looks for your home

178 ALL THE TRIMMINGS Our pick of this year's seasonal trends

PUBLISHED ON 30 OCTOBER 2015. GOOD HOUSEKEEPING, HEARST MAGAZINES HOUSE, 72 BROADWICK STREET, LONDON W1F 9EP. 'GOOD HOUSEKEEPING', 'TRIED AND/& TESTED', 'GH', 'TRIPLE TESTED' AND THE 'GOOD HOUSEKEEPING INSTITUTE TRIED, TESTED, TRUSTED',



DECEMBER 2015

GOOD FOOD

189 COVER **ONE SENTENCE RECIPE** Last-minute mincemeat

190 COVER **FROM OUR TABLE TO YOURS** Our ultimate Christmas Day menu

210 COVER **CHRISTMAS DINNER NOVICE?** We're here to help!

218 COVER **FOLLOW THE STARS** Alternative roasts from GH's favourite celebrity chefs

232 COVER **IT'S GOING TO BE A WHITE CHRISTMAS** Desserts to wow your guests

GREAT ESCAPES

258 TRAVEL THE SNOW GLOBE

JUST FOR YOU

138 25% OFF AN ELEMIS FACIAL

265 GH DIRECT Great offers

IN EVERY ISSUE

6 FROM THE EDITOR

186 SUBSCRIBE TO GH

254 IN GH NEXT MONTH Plus what's new online and our competition rules

282 COVER **SANDI TOKSVIG** finds the perfect present?

Our annual Carol Concert is on 10 December, at 7pm at The Grosvenor Chapel, London. Best seats will cost you £32.45, and an optional drinks reception follows the event. To book, visit goodhousekeeping.co.uk/Christmas-carol-concert



ON THE COVER

Photograph **Mark Scott**
Hair **Petros Mairoudhiou at Trevor Sorbie** Make-up **Lindsey Poole**
Models **Allegra Du Toit, Daniel Ferizay, Kids London Model Management**
Dress **Angel's Face** Pyjamas **Turquaz**
Tree, decorations, fabric and cushion
see page 162

Good Housekeeping TRIED & TESTED

TRIED & TESTED

Your trust is important to us, which is why:

Every recipe is tested three times in the GHI kitchens.
Every product test bearing the GHI logo is carried out to the strict standards laid down by the Good Housekeeping Institute, our leading research centre.
Recommendations on our editorial pages are based on the impartial advice of our editors and expert contributors.
All health articles are checked for accuracy by the Good Housekeeping Health Watch team of health professionals.
All prices are correct at time of going to press.

GET IN TOUCH WITH US!

We aim to correct significant inaccuracies in the next available issue. If you would like to get in touch, please email us at **goodh.mail@hearst.co.uk**

READER RECOMMENDED AND GOOD HOUSEKEEPING INSTITUTE APPROVED LOGOS ARE REGISTERED TRADEMARKS OF HEARST MAGAZINES UK



PRETTY PARTYWEAR
Be the belle of the ball
page 144





A BANQUET OF FESTIVE FOOD
All your Christmas recipes sorted
page 190



The GH gift guide



WINTER WONDERS
City breaks
page 258





THE JOY OF GIVING
Gifts from under £5 to £300
page 60



Welcome

Good Housekeeping's Editor, Lindsay, on this very special month...

A star is reborn

In a treasured archive at GH Towers sits every issue of Good Housekeeping that has ever been printed. It now contains 93 years' worth of magazines, each rich with the trends, products, expertise and happenings of the time. Such wonderful heritage has provided us with inspiration many times over – but never more than this touching front cover from December 1935. As soon as I saw it, I knew I wanted us to recreate the image for this issue, 80 years on. I hope you love the result as much as I do!



Merry and bright… This year's cover (above) pays tribute to our cover in 1935 (left)

Like a mother nurturing her children, I shouldn't really have a favourite issue – but I must admit I have a soft spot for December! It starts early, with Christmas food being Tried & Tested right in the middle of Summer. And it continues through the next few months as the GH team dreams up exciting fashion stories, sparkling celebrity line-ups, twinkling home decorating ideas and irresistible Christmas recipes to see you through the season. Finally, it's time to look forward to the actual day and spend a few moments thinking about what this time of year means to us all.

As we worked to recreate this iconic cover, I was reminded that the 1930s saw thousands of men, women and children desperately trying to find safe refuge from persecution and war in Europe. Today, people caught up in conflicts erupting around them are once again undertaking dangerous journeys with the same hope. Save the Children has been in Syria trying to bring aid and comfort to a bleak situation since the start of the civil war in 2011, and Good Housekeeping wanted to do something to help. If you've bought one of our special copies, you'll know that 25p from each will go to Save the Children's Child Refugee Crisis appeal. If you are a subscriber or have bought a regular copy and would like to help, you can donate £3* by texting HOPE3 to 70008.

Let's make this Christmas a little more merry and bright for children everywhere.



Lindsay Nicholson
Follow me on Twitter @LindsNich





Well seasoned: some of the GH team enjoy a seasonal moment with Ainsley Harriott (above), Kate Garraway (right), and shooting our vintage-inspired cover (far right)

It's a tough job…

For this issue, we've sampled 22 festive dinners, eaten 240 mince pies, put up 27 everlasting trees, popped more than 20 Champagne corks and filled 210 glasses of fizz. We've also worked with more than 120 children and three dogs, and blown up over 80 balloons. There's never a dull moment on GH!



ALWAYS HERE FOR YOU…

GH magazine
Subscribe with our special offer on page 186.

GH online
goodhousekeeping.co.uk is the place for product reviews, cookery videos and 4,000 of our Tried & Tested recipes.



GH on your tablet
Sign up for our digital edition at Google Play, Kindle Fire, iTunes

GH on Facebook
facebook.com/goodhousekeepinguk

GH on Twitter
@GHmagazine

*You'll be billed £3 plus standard rate text message. Save the Children will receive at least £2.95 depending on your network. Include NO INFO to stop further communications. Queries? 020 7012 6400.

PORTRAIT OF LINDSAY: BRIAN ARIS. ADDITIONAL PHOTOGRAPHY: MARK HARRISON, JOHN SWANNELL

The festive gift everyone's buzzing about. Our skin-changer is dermatologist-developed to gently lift the makeup, dirt and oil that hand washing may miss. Oh, the healthy glow...the purified-looking pores. And moisture just sinks in. A great gift for all skins—to give, and to get.

Clinique Sonic System Purifying Cleansing Brush

CLINIQUE

Allergy Tested. 100% Fragrance Free.

UK's #1* Cleansing Brand



*NPD Premium Skincare, Premium Market Cleansing Brand July 2014 – June 2015.

clinique.co.uk © Clinique Laboratories, LLC



BAG
£20

* Next day delivery is subject to stock, courier availability and courier area/store location. Other exceptions apply see next.co.uk/terms. TOP £16 SKIRT £20 BAG £20 BRACELET £14 OPPOSITE: COAT £75 JUMPER £12 TROUSERS £22 BELT £18 BAG £22 EARRINGS £12



next

ORDER BY 12 MIDNIGHT FOR NEXT DAY DELIVERY

TO HOME FOR £3.99 OR TO A STORE FOR FREE*

Swans a-swimming

We've got Christmas all wrapped up



Lauren Cuthbertson: 'I trim my presents with all the ribbons from my bouquets'



'Ruth doesn't need mistletoe. The more wine she has, the more irresistible she finds me!'

EAMONN HOLMES ON RUTH LANGSFORD

The turkey, the tinsel, being surrounded by those you love... Some of our favourite stars share what makes Christmas special for them

Turtle doves

Lauren Cuthbertson

'WHAT'S MORE CHRISTMASSY THAN THE NUTCRACKER?'

For ballerina **Lauren Cuthbertson**, dancing the Sugar Plum Fairy at the Royal Opera House makes her Christmas particularly memorable

'There's no ballet I would rather do at this time of year. What's more Christmassy than the Nutcracker? As well as the performance at The Royal Opera House, there are live screenings so lots of people can see it. It is a very traditional production, set in a grand but cosy family house. It starts off festive and develops into something completely magical.

When we're working, it's like living a monk's life. It's hard to switch over to normal festivities and holidays. I haven't been able to celebrate the past few Christmases because, if I have a show on Boxing Day, I can't have a six-course Christmas meal with all the trimmings and then get up and do Sugar Plum!

Luckily, I live in Covent Garden, which is especially lovely at this time of year. It gets to November and the stalls appear, the shop decorations go up and there is mulled wine. I do all my Christmas shopping there. I make my own cards and wrap presents in brown paper, with ribbons I've collected from the bouquets of flowers I'm given at the end of my performances – I've had as many as 19 in the past.

I stopped eating most meat just over a year ago but I do eat free-range beef. I need it for my strength as I get the most iron from it, so I will eat beef instead of turkey this year. I love sprouts and cranberry sauce, parsnip and carrot mash and steamed marrow, which is my favourite. The mince pies from Gail's bakery are really heavenly. You have to indulge over Christmas! I have Champagne and a Coca Cola at some point.

All I really do is perform for people over Christmas and sing and dance. Last year I did a routine to All I Want For Christmas Is You for my family – I can be a big kid when I want to be!'

Ruth Langsford & Eamonn Holmes

'WE ARE MR AND MRS CHRISTMAS'

This Morning's **Ruth Langsford** and **Eamonn Holmes** treasure festive traditions, and believe Christmas is a time for extravagance, romance… and mistletoe!

RUTH 'While other people are moaning about decorations appearing in September, I'm getting really excited. I wrap every single thing, and colour-code them for each person. I picked up a brilliant tip on Twitter – wrap presents on an ironing board. You can set it to the right height for you, so you don't have to hunch over a table. It works so well, I've even invested in a second ironing board for present wrapping, with tape and scissors sitting on the end.

It's my most extravagant time of year and I do spend. My presents are a bit over the top – but I work hard and I enjoy spoiling my family.

I've passed the crazy Christmas gene on to our son, Jack. He loves doing the tree and decorating the table with me – we do the dining table together on Christmas morning.

I'll do as much of the cooking and prep in the morning as possible, so it's toast for breakfast. Then I'll get changed just before the family arrive. We're not formal, but I like to wear something new and definitely make an effort. When you see the Christmas pictures, you can always tell who's been hosting – she's the one with the sweaty hair and red cheeks!'

EAMONN 'It's a time for romance… But can you imagine turning up to a party with mistletoe these days? You'd probably be arrested. Ruth doesn't need mistletoe. The more wine she has, the more irresistible she finds me!

Christmas is for children, but does any of us really grow up? We all want to be given toys at Christmas, whether it's jewellery or a remote-controlled car. If you want to win over a man, treat him like a child and buy him toys.'

Monica Galetti

'I'LL BE COOKING IN MY NEW KITCHEN – IT'S A LOVELY TOY FOR ME'

Masterchef's **Monica Galetti** is planning an all-out celebration, with glitter everywhere!

'This year, Christmas is all about being at home with my husband, David, and our eight-year-old, Anais, walks in the woods with our boxer dog, Finn, and board games.

We have boxfuls of decorations and do the house from top to toe in a red and gold theme, and put up a huge tree. There's glitter everywhere and a wreath on the door.

Anais goes crazy over dressing up, so she'll have a special Christmas dress and shoes with a little heel. She expects me to wear something nice, too, but I make sure it's a dress with lots of room for lunch. She'll style my hair and try to choose my make-up… Purple lipstick, anyone?

Cooking is my life – it's all I've ever done. We're having a kitchen extension built, which will be my new toy to play with. We'll start the day with an indulgent Champagne breakfast of scrambled egg and smoked salmon. Then we'll go to church and I'll pick up my friend, Rose, a lovely lady in her late 70s who goes to my gym. No one should be alone at Christmas, so she comes to us for lunch.

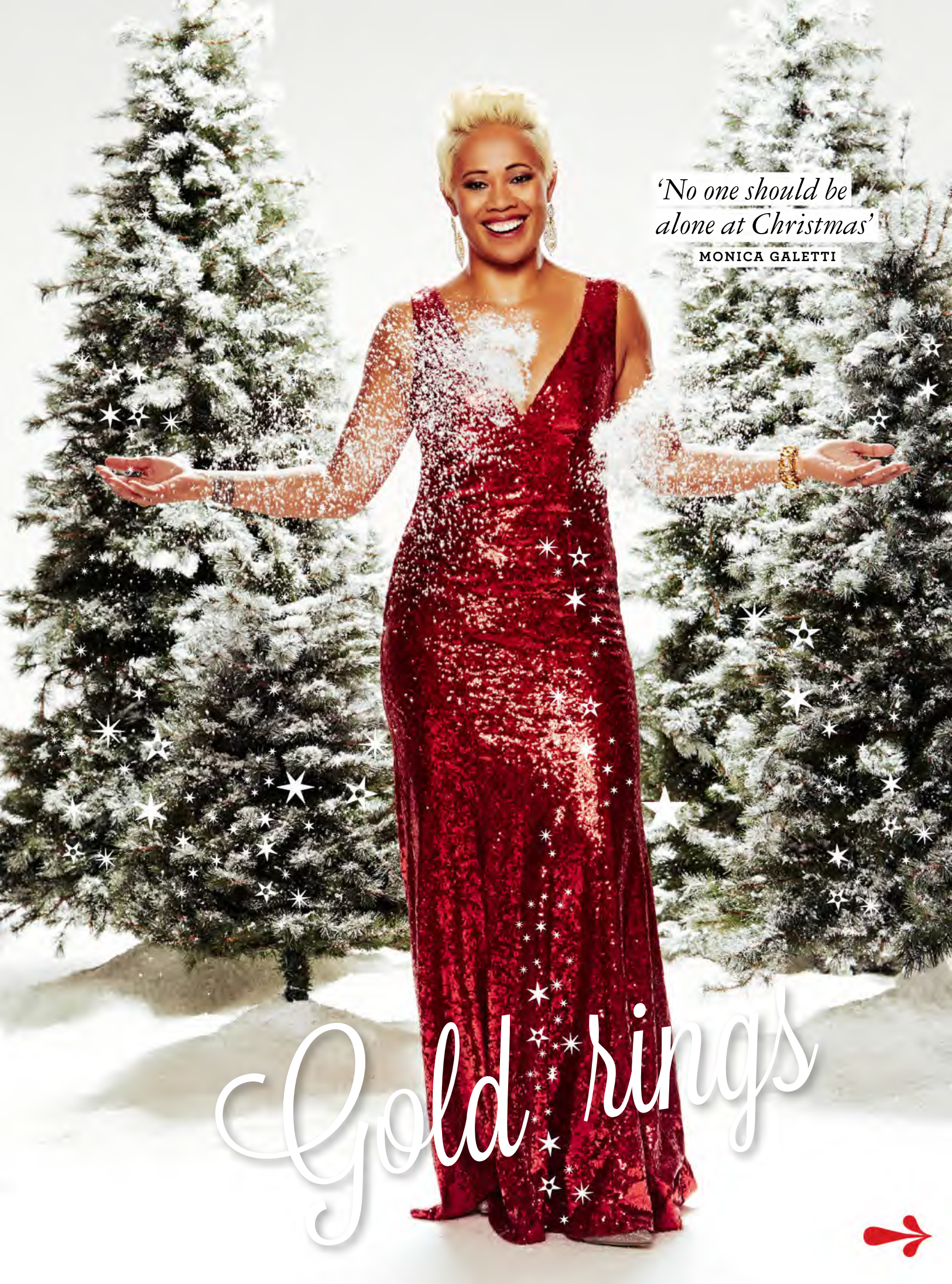
My top tip is to roast the goose on a rack, letting the fat drip into a roasting pan below. Then you can add the potatoes and parsnips to the goose fat and they'll roast beautifully.

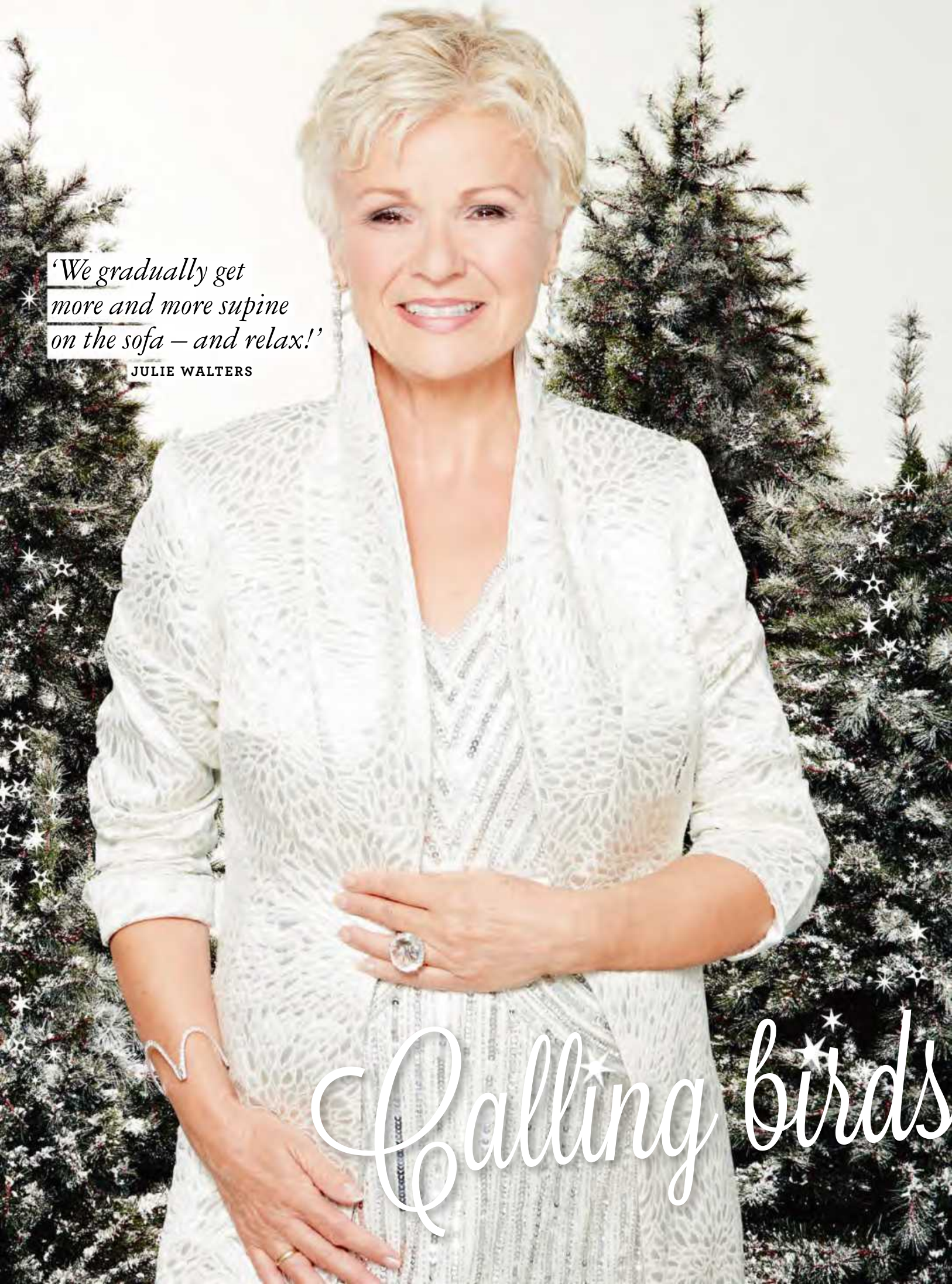
To go with the Christmas pudding I make a very rich crème anglaise custard. Anais likes ice cream with hers – and David has both. We finish the meal with a whisky to get us nice and warm for a walk.

Two years ago, I went home to New Zealand. It was my mum's last Christmas, and I was with her at the end. Mum was everything to me. Losing her made me look at my life and ask myself: what are you doing? The reason I left my family in the first place was to run my own restaurant, and I hadn't yet achieved that. So I decided to get on with it – and our project now is to open a relaxed, fine dining restaurant.

This is my seventh year of BBC One's Masterchef: The Professionals, and going back on set is like seeing old friends. I adore Greg [Wallace] – he's got the biggest heart and is like a jokey brother who never grew up.'

THE NUTCRACKER WILL BE AT THE ROYAL OPERA HOUSE FROM 8 DECEMBER 2015 TO 14 JANUARY 2016. LAUREN IS PERFORMING ON 11, 16 AND 18 DECEMBER. THE PERFORMANCE ON 16 DECEMBER WILL BE A LIVE CINEMA SCREENING ACROSS THE UK. GO TO ROH.ORG.UK FOR MORE DETAILS. PORTRAITS OF LAUREN (OPENING PAGE) AND MONICA: MARK HARRISON. HAIR: JULIE READ AT CAROL HAYES. MAKE-UP: JULIE READ (LAUREN) AND JO BULL (MONICA). STYLING: JILLIE MURPHY. LAUREN WEARS HER OWN COSTUME. MONICA WEARS DRESS, GODDIVA. HEELS (JUST SEEN), NEW LOOK. EARRINGS, VAN PETERSON. BANGLE, JOUBI. PORTRAIT OF EAMONN AND RUTH: NICKY JOHNSTON


'No one should be alone at Christmas'
MONICA GALETTI
Gold rings



'We gradually get more and more supine on the sofa – and relax!'

JULIE WALTERS

Calling birds



Lords a-leaping

Sir Bruce Forsyth

'I CAN WEAR SHORTS ON CHRISTMAS DAY'

Basking in the Caribbean sunshine is **Sir Bruce's** favourite way to enjoy the festivities

'When I was a child, we had wonderful, joyous Christmas parties – it was like a variety show. Everyone had to do a turn, and my mum liked me to sing her favourite song: When You Wish Upon A Star, from the Disney film Pinocchio. I'd start off singing it straight, then gradually bring in a tap dance routine to liven it up.

My mum was a wonderful cook, and I always loved her good old-fashioned Christmas pudding. It was a family ritual for me and my brother and sister to take a turn stirring it.

But not everyone likes it. My wife, Wilnelia, is from Puerto Rico, so for the past 25 years we've spent Christmas itself in the Caribbean. One year, we had around 10 local guests and I told them we were having Christmas pudding. They all took a spoonful at the same time – and the looks on their faces! You'd think I'd poisoned them. So these days it's just me who has it.

Christmas in the sun is lovely – I can wear shorts! Our home is right on the beach and it's so beautiful. Wilnelia fills the house with poinsettias and other flowers, but we still have a tree, traditional decorations and a turkey dinner, as well as the local Christmas favourite, a roasted pork dish called Lechon.

Christmas wouldn't be Christmas without my darling wife, who does so much for me. She's great at choosing presents – one of the nicest she's ever given me was a book made up of photographs from my life. That was the inspiration for my new book about my life, Strictly Bruce. And just recently she gave me two beautiful Bengal kittens, Tiger-Lily and Ben, who climb all over everything!

I still enjoy watching Strictly – it's a great format, and there is a terrific line-up this year.

Julie Walters

'FAMILY IS THE MOST IMPORTANT PART'

It wouldn't be Christmas for actress Julie Walters without cooking one of her husband's organic turkeys – providing she remembers to switch on the oven!

'For the past 30 years, I haven't worked at Christmas – I like to relax with my family. This year my new film, Brooklyn, will be out, and before Christmas I will be filming the second series of Indian Summers.

Christmas to me is about sitting around eating too much, watching whatever is on television – and family. Family is the most important part. I went through a period of wanting Christmas to be perfect. But if you can let go of that, you can get back to the fact that it's actually about having your family and friends around you.

My husband, Grant, has an organic farm and does turkeys at Christmas. He has to get them all out on Christmas Eve, but once it's all over, he can relax with the family, too.

On Christmas Day we usually have nieces and nephews and the in-laws over, and I do the cooking. I find dinner parties very stressful, but cooking for the family at Christmas is different. It's about getting us all together and having fun.

The meal is traditional and, as we've raised the turkeys, it makes it special that it's one of ours. I've only had one mishap. Two years ago I put the turkey in the oven and about five minutes later thought, "I can smell it already. What a fabulous smell!" But then I looked through the oven glass and could see that it was already brown and realised I'd put on the bloody grill! Thank God, I saw it, otherwise it would have been ruined. It made everyone laugh, though!

As we're on a farm, we never sleep in late. But we start off Christmas morning with a cup of tea and light the fire. We've got a great big inglenook, so it's really nice to get it going and over tea, open presents. Then I start getting the turkey ready. I don't want to eat it at night because then you've got it hanging over you all day that you have to cook it! The family arrives just before midday. Then we eat and open more presents. Some people will watch telly or play cards or go for a walk. But we gradually get more and more supine on the sofa! It's a day of family, eating and relaxation.

BROOKLYN IS IN CINEMAS ON 6 NOVEMBER. THE SECOND SERIES OF INDIAN SUMMERS RETURNS TO CHANNEL 4 IN 2016. PORTRAIT OF JULIE: NICKY JOHNSTON. STRICTLY BRUCE BY BRUCE FORSYTH IS AVAILABLE NOW. PORTRAIT OF BRUCE: CONTOUR BY GETTY. ADDITIONAL PHOTOGRAPHY: MARK HARRISON

No.1 ANTI-AGEING SERUM IN THE UK*

One.
With the power
of Two.



Double Serum

With the anti-ageing power of 20 plant extracts in a unique double formula, Double Serum targets all aspects of skin ageing in one complete concentrate. Every application reveals a visibly younger-looking you. After 4 weeks, skin looks firmer, wrinkles appear reduced and pores less visible**.

93% of women trust Double Serum†.

*The NPD Group Jan-Dec 2014.
**Consumer test - 194 women, after 4 weeks.
†Consumer test - 194 women, after 7 days.

Official online store:
www.clarins.com

CLARINS



Carol Kirkwood

'SHERRY AND SPARKLES… I CAN'T WAIT!'

Strictly star and BBC weather presenter **Carol Kirkwood** volunteers to work on Christmas Day – as long as she can have a festive movie and a tipple

'Christmas is my favourite time of the year. I usually go with one of my sisters to New York at the end of November and we embrace it then. It's usually snowing when we're there and they've got all the festive windows. That kicks it off, and we go present shopping and get lots of ideas.

When I was a child, my mother played the organ and my dad built the crib for the church. I come from a big family, with five sisters and two brothers, and we would celebrate with lots of aunties and uncles.

These days, my friend Sue and I help each other decorate our trees, then we put on a Christmas movie, wrap our presents together and have a wee glass of something like sherry with a mince pie. It's the only time of year I have a sherry!

I usually work on Christmas Day because so many of my colleagues have young children. Knowing how important Christmas was to me when I was a child, I think it's nice that they get to spend the time with their children, and I am happy to work. Everyone brings things in so we have mince pies, sandwiches and cake in the office. It's become a bit of a tradition where I go to one of my friends' for lunch afterwards or we will go out to a hotel to eat.

Everyone who has been on Strictly talks it about being a journey, but I had no idea what to expect. You go through a whole gamut of emotions – from the elation of getting it right to frustration when you don't! I love sparkly things, so being in Strictly has been every girl's dream!'

Mary Berry

'MY FAMILY IS THE BEST PRESENT I COULD WISH FOR'

Bake Off star **Mary Berry** enjoys a truly traditional celebration, with the same decorations and Christmas tree fairy she's been putting up for decades

'Our grandchildren are at the age where they enjoy a traditional family celebration, and it's a wonderful time to get everyone together.

I start planning in early December, jotting down what I can do ahead, what I can freeze, what I can put in the cake tin. I'll usually order a Kelly Bronze turkey online. Each year we buy a fresh Nordic pine tree. I love bringing out all the old decorations. I've still got the bells my children made out of egg boxes covered with foil. And it's always the same fairy on top.

I listen to the carol service from King's College Cambridge on the radio while I'm preparing on Christmas Eve. My husband, Paul, and I go to church on Christmas morning, then come back to make sure everything is running smoothly for the meal. I cook the turkey in the Aga – the roasting instructions are in my new Complete Aga Cookbook.

There'll be around 12 of us for lunch, including our children, five grandchildren and other guests. In-laws, outlaws… everyone's welcome. The girls love to wear their party clothes, and I'll wear something bright and Christmassy.

We have a few bits and bobs with drinks, but no starter – we go straight to the turkey. I often give ideas for things to do with sprouts, but actually I like them just as sprouts. Roast potatoes I do small, because I like them all crisp and not too much potato. I have a brilliant gravy done the day before with the giblets, then I add the turkey juices on the day.

When the pudding comes out we'll faff about lighting it… it's all part of the tradition.

We always finish in time for the Queen. I'm a great admirer of hers. Later, I'll pack the young ones off for a walk while we get on with clearing up. In the evening we play games like charades, and I'll put out a jigsaw puzzle.

I think the secret of a magical Christmas is respecting what everyone else wants to do. If someone wants to go off for a nap or to play football, let them. Don't have too tight a rein. For me, the best present I could ever wish for is just having my family.'



PORTRAIT OF CAROL: BBC/RAY BURMISTON/MATT BURLEM. PORTRAIT OF MARY: CAMERA PRESS. THE COMPLETE AGA COOKBOOK BY MARY BERRY AND LUCY YOUNG IS PUBLISHED BY HEADLINE, AVAILABLE NOW

PRESENTING A PRESTIGE INSPIRED NIGHT CREAM. WITHOUT THE PRESTIGE PRICE.

Dramatically newer skin is revealed night after night.**



Good Housekeeping Institute APPROVED 2015

WORLD'S No.1
FEMALE FACIAL SKINCARE BRAND*

Olay Regenerist 3 Point Night Cream is formulated to provide deep hydration when you most need it – overnight. During the night skin can lose moisture as your metabolism slows down, but it's also the optimum recovery time for your skin. Olay Skin Energising Technology penetrates 10 surface layers deep, to start re-energising your skin while you sleep. So you can awake to **dramatically younger looking skin**.

Your best beautiful begins at Olay.co.uk. Available exclusively at Boots.

*Based on mass market facial moisturiser and cleanser value sales for the past 12 months ending December 2014.
**Skin surface renewal is accelerated based on surface cell exfoliation.

Olay
Regenerist

YOUR BEST BEAUTIFUL™



Elizabeth McGovern

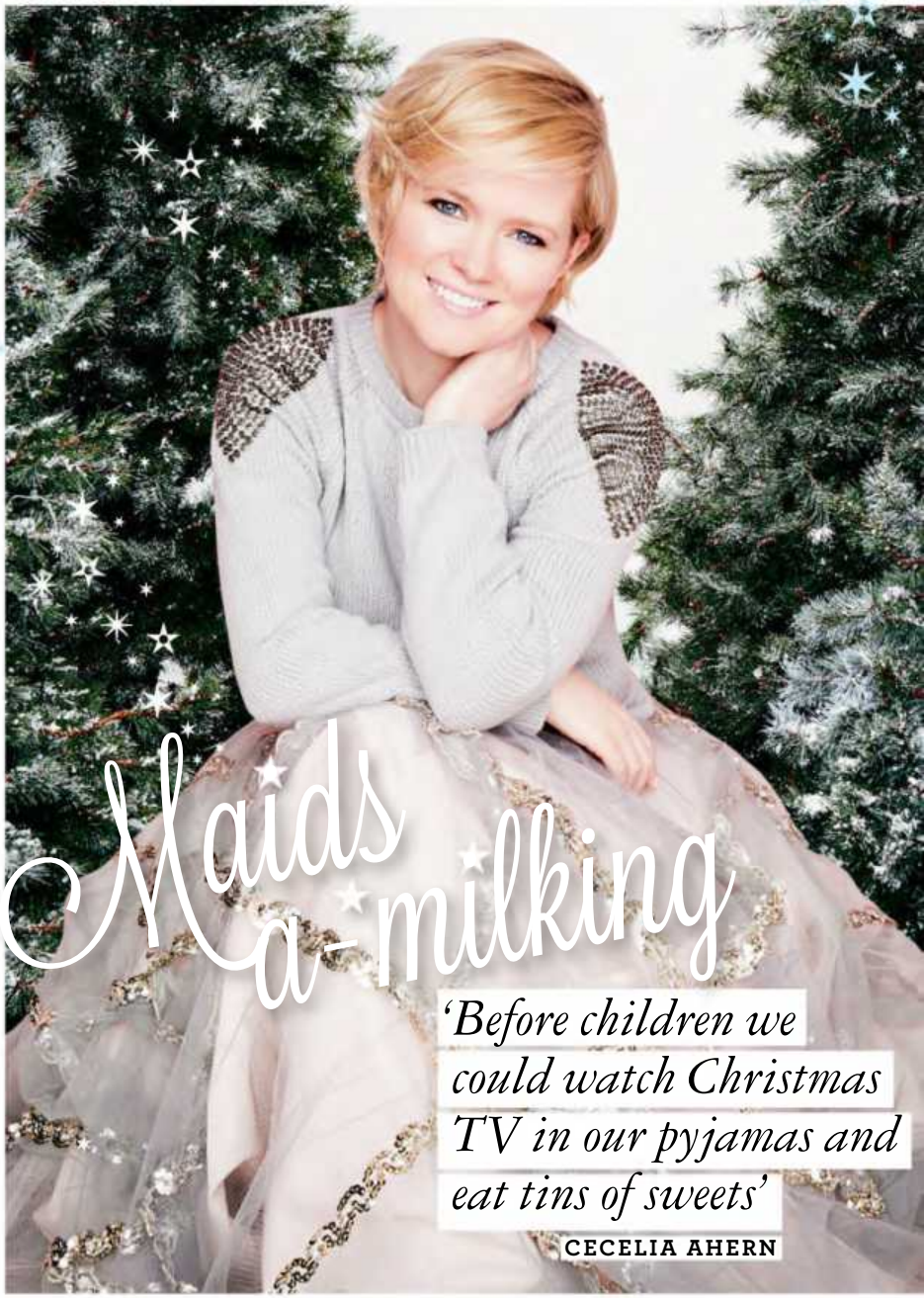
'I NEVER SHOP EARLY ENOUGH… I DO IT IN A FRENZY!'

Downton Abbey's Lady Cora, **Elizabeth McGovern**, was brought up in the US, but she loves a traditional British Christmas with her husband and children

'When it comes to Christmas, I've very much walked into the English way of doing things. That's mostly because my mother-in-law tends to do it, but I wouldn't stand in her way – I'm on my hands and knees in gratitude!

We never go away during the holidays and we do what everyone else does – probably eating and drinking way too much. And I never shop early enough. I do it in a frenzy!

I think this has been a really good season of Downton. An era is ending for the family, and you see the life they've enjoyed being slowly stripped away from them. And it's coinciding with the end of the series, so it's bittersweet and poignant on two levels. It makes it harder to say goodbye. But I'd much rather leave audiences begging for more than begging us to leave...'



Maids a-milking

'Before children we could watch Christmas TV in our pyjamas and eat tins of sweets'

CECELIA AHERN

Cecelia Ahern

'HAVING SANTA IN THE HOUSE IS A LOVELY FEELING'

For novelist **Cecelia Ahern**, it's all about family traditions, a huge meal and a trail of glitter left out so that Santa's reindeer can find their way to her home

'I come from a humongous Irish family. My mother was one of 11 children and, because we have such a big family and all live so close to each other, Christmas Day is very full!

We see my mum's family in the morning, and my cousins bring their children, so it's turning into a kids' affair. My latest novel, The Marble Collector, is about family, too – a father and daughter story.

After that, we always meet up with my husband's parents and share gifts before having Christmas dinner in either our house or my sister's house.

At our Christmas meal, there are always more than 15 of us at the table. When my husband and I moved into our new house and had our first Christmas dinner there, we had never cooked a turkey before. Now I've learnt never to ask anyone how to cook a turkey, as everyone says something different! If anything, you just have to drink less on Christmas Day to be on the ball! We got there in the end.

Before we had our children – Robin, five, and three-year-old Sonny – we would watch TV in our pyjamas eating amazing tins of sweets. Now we're running around and it's not very relaxing!

But having Santa Claus in the house is the best feeling. Walking down the stairs with my children last year to see if Santa had arrived was pretty magical. We leave out a mug of milk, a carrot for Rudolph and two mince pies and a trail of glitter so the reindeer can find their way to our house from the sky.' □

INTERVIEWS: JANE KEMP, JESSICA CALLAN AND HELEN NIANIAS. DOWNTON ABBEY SERIES 6 (UNIVERSAL PICTURES UK) IS AVAILABLE ON BLU-RAY AND DVD IN NOVEMBER. THE MARBLE COLLECTOR BY CECILIA AHERN IS PUBLISHED ON 5 NOVEMBER. PORTRAIT OF ELIZABETH: MIKE OWN/EYEVINE. PORTRAIT OF CECILIA AHERN: BARRY MCCALL

It's time for everyday extraordinary.

TISSOT CHEMIN DES TOURELLES AUTOMATIC.

A VERY SPECIAL PIECE THAT TAKES ITS NAME FROM TISSOT'S HOME IN LE LOCLE, SWITZERLAND, WHERE ASTONISHING WATCHES HAVE BEEN CREATED EVERY DAY SINCE ITS FOUNDATION. IT HAS A POWERMATIC 80 MOVEMENT WITH 80 HOURS OF POWER RESERVE, A DOMED SCRATCH-RESISTANT SAPPHIRE CRYSTAL AND A SEE-THROUGH CASEBACK.



TISSOT BOUTIQUE, OXFORD ST 373 - LONDON W1C 2JR

T TISSOT THIS IS YOUR TIME

TISSOTSHOP.COM





TURN YOUR BIG HAIR OBSESSION
INTO FULLER, THICKER-LOOKING HAIR
THE BLUE ONE

ELVIVE:
UK'S **N°1***

OUR 1ST TAILOR-MADE THICKENING TECHNOLOGY.

- HAIR LOOKS THICKER WASH AFTER WASH.**
- FILLOXANE INSTANTLY PENETRATES THE FIBRE AND INCREASES THE DIAMETER FROM WITHIN.
- VISIBLE BODY & BOUNCE.

FIND YOUR HAIR OBSESSION AT
LOREAL-PARIS.CO.UK/HAIROBSESSION

BECAUSE YOU'RE WORTH IT.

L'ORÉAL
PARIS

Our very special Thank You to Women who make a difference...













FAR LEFT: putting on the glitz. CLOCKWISE FROM ABOVE: ballgowns (and slippers); an uplifting theatre visit; lunch at The National Gallery; hair in expert hands

Everyone needs a hero – but at Good Housekeeping we're all about strong heroines. That's why every year we invite a small group of exceptional women who make a lasting impact on our world to a weekend packed full of treats. This year, our GH Heroines were whisked away to a luxury hotel, given a top-to-toe makeover by celebrity stylists, hair and make-up artists, photographed by one of our top cover photographers, taken for a delicious meal at The National Gallery and treated to superb seats at the smash West End musical Bend It Like Beckham.

And when you read their stories you'll understand why...

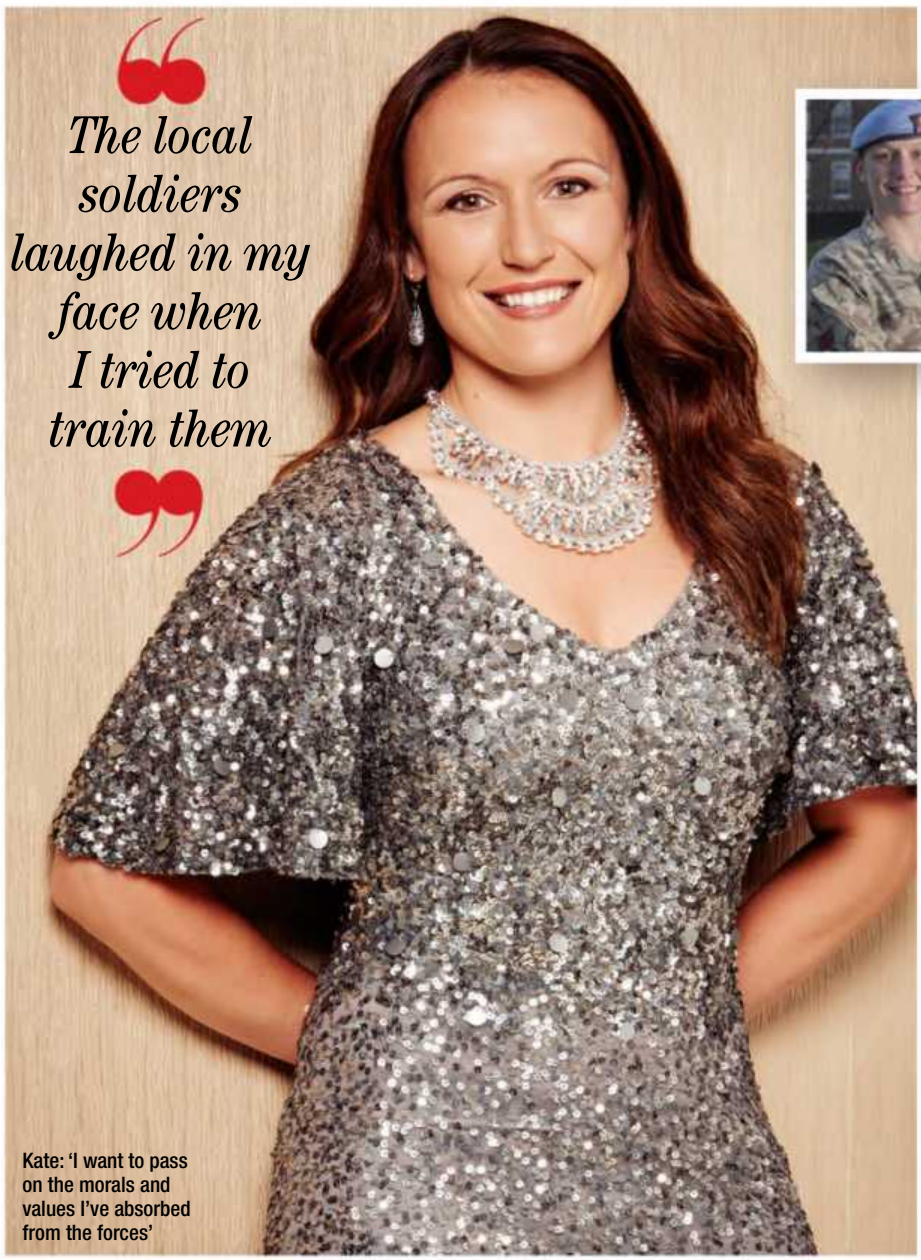
THE WARRIOR

'My legacy for the women of Afghanistan'

How can a woman train men who don't even believe that she can run? That's what Staff Sergeant KATE LORD did in Afghanistan – and she changed minds along the way

I've been in the Army for 16 years, and served in Afghanistan three times, including treating soldiers on the frontline in Helmand. My deployment last year was harder than anything I've ever had to do. I thought it would break me – but in the end, it has made me.

My job was to mentor female physical training instructors in the Afghan National Army, but it didn't quite work out like that. Because of delays in recruiting Afghan women, I ended up mentoring men. For the first month, the soldiers I was supposed to train would do nothing but giggle and whisper between themselves. They wouldn't listen, and if I asked them to do something, they would wave their hand and dismiss me. They simply didn't take me seriously – they didn't even believe I was physically capable of running. It was maddening to watch them obey my male colleagues but laugh in my face, and it was the biggest challenge I have ever had to meet. After one especially frustrating day, I went back to my room and cried tears of fury.



"The local soldiers laughed in my face when I tried to train them"

Kate: 'I want to pass on the morals and values I've absorbed from the forces'

The only people on my side were my male colleagues in the British Royal Army Physical Training Corps. By listening to me and treating me like any other colleague, they showed the Afghans I was good at my job. They gave me the courage to believe that, with a thick skin and a sense of humour, I would prove myself. I was determined to stick it out, prove I was capable, and win their respect.

It worked. I was taking a lesson about a month after my arrival when I looked up to see that something remarkable had happened. The men were all sitting quietly, nodding their heads as my interpreter translated my words. It was the biggest achievement of my life so far.

When women eventually joined up, I insisted we integrate the men and women's training, and in classes everyone would listen and respect each other – they even went on runs together. That's when I knew I'd made a real difference. At the end of my tour, I watched them all get their instructor badges, and they came up to thank me, calling me their teacher. I've never been so proud. Finding out I'd won the prestigious Queen's Commendation for Valuable Service was a huge honour, too.

That experience made me re-evaluate my life in ways I'd never expected. It was a real lesson for me in understanding other cultures and people – I put myself in their shoes, and realised that we each thought elements of the other's society were strange, but with perseverance, we overcame those differences.

I found teaching such an inspiring experience that I've chosen to make this my last year in the Army. From 2016 I will become a school teacher. I want to pass on the morals and values I've absorbed from being in the Forces – that it doesn't matter what colour, size or gender you are, we all have a part to play in society, being kind to each other and holding ourselves to the highest standards.

So this Christmas will be very special, and mark a real turning point in my life. My husband, Chris, is in the Royal Marines, and we've spent more than half our Christmases apart, so this year we've decided to go to New York and make the most of being together. We'll be toasting all the adventures to come.

KATE WEARS LONG SILVER SEQUIN CAPE DRESS, PHASE EIGHT COLLECTION. ABSTRACT EARRINGS, SWAROVSKI. NECKLACE, DAISY & EVE AT EVANS. PORTRAIT OF KATE: MARK HARRISON. HAIR: JULIE READ AT CAROL HAYES. MAKE-UP: JO BULL. BACKGROUND: NEW GOLD MENOTI SCINTILLO WALLPAPER, ART HOUSE (WALLPAPERDIRECT.COM). KATHERINE WEARS DRESS, KELSEY ROSE. SHOES (JUST SEEN), KIN AT JOHN LEWIS. BRACELETS, BUTLER & WILSON. EARRINGS, BUTTERFLY. VISIT FLAMINGOCHICKS.CO.UK



Whatever their situation, I know the children feel safe, happy and able to express their emotions freely

Katherine: 'I spend all my spare time organising – and sewing on wings!'

THE VISIONARY

'Our whole ethos is love and warmth – extended to everyone'

She created a dance class where children could perform together, whatever their difficulties. Now KATHERINE SPARKES' movement is set to spread across the world

Standing on stage surrounded by a group of excited children in glittering ballet costumes, all enthusiastically waving ribbons in time to the music, I feel a surge of pride. The young dancers at my Flamingo Chicks dance school may have Down's syndrome, cerebral palsy or autism. They may be visually impaired, undergoing cancer treatment, wheelchair users – or be siblings or other kids with no additional needs at all. But whatever their situation, I know they feel safe, happy and able to express their emotions freely through movement.

I started Flamingo Chicks two years ago, to give children with disabilities a chance to explore dance and have fun alongside other kids. I got the idea after helping a little girl called Poppy, who I've known since she was a baby. I met her father, Phil, at a support group called Widowed And Young. I was 26, and my boyfriend had died in a car accident. Phil's partner had died in childbirth, and Poppy has cerebral palsy. I looked down at this tiny, adorable girl and she held her arms up to me, crying. I picked her up to comfort her, and that was the first time I'd ever held a baby.

Phil and I became friends, and I helped look after Poppy. As she wanted to do more, I was frustrated by the lack of clubs where she could mix with other children. So I decided to start a club that welcomed children of all abilities. We held our first session, for 15 children, just before Christmas in 2013, near where I live in Bristol. Word spread – soon, hundreds of children wanted to join.

Because of their range of abilities, our dancers don't work towards grades. Instead, we put on shows. Performing in front of their friends and family is thrilling, and seeing the kids all hugging each other with delight afterwards shows just how much the experience means to them.

People don't always realise how lonely and exhausting living with disability can be. One mum told me bringing her child into a class was her golden time – a chance to take a deep breath, sit down and finally relax, knowing others will understand.

Special experiences are important: we visited Slimbridge Wetlands Centre where our little dancers saw real flamingo chicks – they were quickly copying their movements. We also went to an English National Ballet company rehearsal: the dancers taught the children steps and lifted them into the air. Later, their amazing artistic director, Tamara Rojo, agreed to become one of our patrons. We've also been asked to perform at Downing Street.

Next year we're expecting to offer dance places to 1,200 children at groups across the UK. We've had so many organisations asking about our work that we're now planning pilot schemes around the world.

I have a day job, too, so I run Flamingo Chicks on top of that. I spend evenings and weekends organising – and sewing wings and sequins on to costumes! It's worth it. Our whole ethos is love and warmth – and that's extended to everyone.

THE LIFE SAVER

'I risked everything to help those in need'

While most of us watched the news feeling helpless as Ebola destroyed lives and communities, new mum RAISSA AZZALINI faced the toughest decision of her life

When I wake up on Christmas Day, I know I will feel so very lucky that my family is safe and well. I will hold my two-year-old son, Anton, in my arms and smell his hair and never want to let him go. Just being together will be the best gift I could hope for.

I was still on maternity leave when I first heard about the outbreak of Ebola in West Africa. I watched on the news as it grew bigger and bigger, but my heart broke when I read of the babies who were crying and whose mothers were so sick that they couldn't comfort them. I hugged my own baby close to my chest and couldn't imagine how it must feel to hear your child cry, and not be able to pick him up. I couldn't bear to think of Anton with no one to hold him.

As an expert in public health at Oxfam, I knew that my skills and expertise would make me a useful person on the ground. The need in Liberia was desperate, the people were scared, and I was in a position to help. But the thought of leaving my baby before his first birthday was horrible. For 24 hours a day I was by his side, and still breast-feeding – it felt impossible for me to go. And yet, I couldn't stop thinking about the children who had no one, while I knew my Anton would be safe with his father. It was the toughest decision I've ever made, but I knew I was needed more there than at home.

My husband was understanding, and we agreed that he would stay with his family so he had support looking after Anton – but my mother took a lot of convincing. I could see her concerns, now I was not just a daughter but a mother, too. But I explained all the precautions I'd be taking to minimise any risk, and she gave me her blessing.

When the day came, I fed Anton for the last time and explained to him what was going to happen, even though he didn't understand the words. I got out of the car, and it was very hard to shut the door and walk away. I clutched my bag, which held photographs of my husband and son, and forced myself to think of the fun they'd have together. I marshalled every ounce of courage I had to walk into the airport.

I was in Liberia for three weeks, and I had a big job to do. Rumours and false information were circulating – people believed terrible, dangerous lies about how Ebola started and it was my job to help get the facts out there. I gave training sessions and went into slums to meet local volunteers who were going door to door in their communities to explain to their neighbours what to do if they had symptoms.

It was lonely being in a country going through such a painful time. One of the most difficult moments for me was sitting in a meeting hearing about how the people of Liberia were struggling with their loved ones' bodies being cremated rather than buried. This went against their religion, but it was the only way to deal with the bodies safely. I heard how, at the cremation centre, it was difficult sometimes to make sure the right ashes were handed to the family. I couldn't bear to think of the horror of being separated from your loved one, knowing he or she has had to die in an isolated health centre, and then to be handed some ashes that you aren't even sure are the right ones.

The procedures to keep everyone safe were incredibly strict, but there was always a risk. All I could do was obey the rules and hope I stayed safe. There was a no-touching policy, so I didn't hug or even shake hands with anyone for all of that time – it was very strange.

Though very busy, I still had time to miss Anton terribly. We had a few chats on Skype, where I was happy to see he was having fun, but I was counting down the days to when I would see him again. I longed to be with him, especially on his first birthday – that was the hardest day of all.

When I finally came home, I didn't want a fuss, I was just grateful to be back. I monitored my health very carefully, checking my temperature and looking out for any other symptoms – fortunately, I was safe and well. The first time I held Anton in my arms, it was bliss. Having a quiet dinner with my husband, watching our child sleeping soundly, was the best welcome home. I hope one day he will be proud of his mother, and the choices I've made – but for now, I'm just grateful for the time we have together.

> *"It took every ounce of courage to walk away from my baby"*



Raissa: 'I couldn't stop thinking about the children who had no one'

RAISSA WEARS SILVER SEQUIN DRESS, EAVIS & BROWN. WRAP, WONDERFUL WRAPS. JUDE WEARS RED DRESS WITH SEQUIN SIDES, MASCARA, SHOES, LISA KAY. EARRINGS, BUTLER & WILSON. BRACELET, BUTTERFLY



Jude: 'We couldn't give the families back their homes, but we did make a difference'

THE RESCUER

'My job is to go to the places everyone wants to leave'

The day after the horrific earthquake in Nepal, JUDE POWELL was on her way to the centre of the disaster zone. What she saw, amid the aftershocks, changed her for ever

Walking through a village in Nepal just a few days after the earthquake in April this year, I could barely contain my emotion. I've been to the poorest countries in the world, but I was moved more than ever by what I saw on that trip. While everyone watched in shock and despair as the news reports came in of the earthquake that would leave more than 9,000 dead and injure more than 23,000, I was packing sleeping bags, tents and food for my colleagues and me. My job is to go out to disaster zones with Oxfam, and make sure the people affected have enough access to food to survive. The next day I was on a plane, trying not to feel nervous and desperate to get out there and help.

This was my first time in the immediate aftermath of an earthquake, and the devastation was even worse than I could have imagined. Houses built from rocks stuck together with mud were now flattened. Their owners were sitting beside them, with nothing but tarpaulin for shelter. I saw a mound of rubble that was once a family's home, and a woman rummaging through, trying to find some clothes among the debris. One of our local staff asked if she and her family were safe, and she said, 'Yes, my family is okay, but look at my home,' and she started to cry. These people don't have bank accounts or savings – they harvest the food from their fields and store it in their homes. Her family's life depended on that house, and now they had nothing. I could feel tears welling up, and I had to turn away – it was not my place to stand and cry. It was just one of so many heartbreaking stories.

> *It was humbling to be given gifts by people who had lost everything*

We couldn't give families back their homes, but we were able to make a difference. We handed out food to hundreds of people who had none. It was exhausting and stressful, but rewarding to watch the families walk away with food – for the moment at least. A few times, I was woken in the night by aftershocks. It was terrifying, but we all stayed safe. Before we came home, a committee of local people gathered and made a little ceremony to thank us, and gave us red and green satin scarves and a blessing. It was very humbling to be given gifts by people who'd lost everything.

The refugee crisis we've been witnessing recently in the Mediterranean, with millions forced to leave their homes in search of a more secure place, reminds me how lucky I am to live in a just, safe society. I know my family will be able to enjoy this time of year together without fear of war or persecution, unlike many elsewhere. Oxfam supports thousands of displaced people, and that doesn't stop for Christmas. While I look forward to the celebrations, I know I could be called away at a moment's notice if I'm needed.

THE ULTIMATE GIFT

'This was my chance to do something amazing'

A mother, wife and nurse, LYNNE GEORGE has devoted herself to caring for others – but last Christmas she went beyond duty, risking everything to save a stranger



Lynne: 'I see my scar and think, wow, I saved someone's life'

Last Christmas, my husband and I had a very quiet time, with prepared food from the supermarket and a small fake tree. I didn't have the strength for anything bigger. Usually I bustle around organising a big production, but for the first time ever, I fell asleep on the sofa. I had good reason to be so tired – I'd just donated my kidney to a stranger.

I'm very lucky to have a fulfilling life with a loving husband, two happy and healthy adult children, and a 35-year career as an NHS nurse, but I had never done anything extraordinary – I am not the sort of person who runs marathons for charity. When I read a newspaper article about someone who'd donated a kidney to a complete stranger, I felt a burst of inspiration. This was my chance to do something really big – something amazing. It would've been impossible when my two children were younger, but now they're adults, there was nothing stopping me. Patients die every day on the transplant waiting list, and by becoming a donor, I could save a life.

I looked up the charity giveakidney.org online, and saw there was a big conference the next day where I could find out about the process and meet others who have donated – it seemed like fate. Hearing more about it and how it helped people only made me more determined. But at my first consultation, the doctor told me it was his job to warn me that I was considering an operation with a mortality rate of 1 in 3,000, and that I should think very carefully about it. As I walked out of the door I thought, perhaps it's not worth the risk – I've worked in operating theatres before and I knew that, with kidney operations, a complication can be catastrophic.

But I soon decided that this was too important to let that stop me. My family and friends weren't very happy, but I understood it was because they were trying to protect me. Once they saw how determined I was, they supported me.

After a year of tests, a patient was found who was a match and who would receive my kidney. As part of a donor chain, someone close to them would donate one of their kidneys to a stranger as well, so my decision could save two lives. I was told the operation would take place in December 2014, so I did all my Christmas shopping in November, and had everything wrapped and ready by the end of the month. There were sleepless nights, but the concerns never lasted: the next morning I was resolute once again.

When the day finally arrived, I felt strangely relaxed – I'm used to hospitals, so I felt at home. The surgery took four hours, and it was a success, although I was completely exhausted for weeks afterwards. Things are back to normal now, although sometimes I catch sight of my four-inch scar in the mirror and stop to think, wow, I saved someone's life. It's quite amazing.

This will be my first Christmas since my recovery, and my first with our new grandson, Guy. The whole family will be together, and we'll have a beautiful real tree, weighed down with decorations, and a table laden with turkey and all the trimmings. I don't know anything about the person who received my kidney or their family – everything is kept strictly anonymous – but I did hear after surgery that they were doing fine. I think of them often, and they will be in my prayers as we sit in church on Christmas Day.

A WEEKEND TO REMEMBER

GH was delighted to give our heroines a treat with the help of some very generous organisations...

One of the pleasures of working at GH is the amazing women you meet – and spending time with this year's heroines was a reminder of that. Here were women who had not only made such a difference to other people, but who were so friendly and modest about what they had achieved. It was lovely to see them not only having great fun on the break that we arranged for them in London – but also getting to know one another and become friends.

The ice was broken soon after they arrived in the luxurious surroundings of The Royal Horseguards Hotel. They quickly bonded as they tried on gorgeous evening dresses for the shoot with celebrity photographer Nicky Johnston, who does many of our GH covers.

By the time it came to a picture of them together at the end of the afternoon, they were laughing and chatting together. There were particular giggles when they posed in their sparkly evening dresses worn with white fluffy hotel slippers for a cheeky behind-the-scenes shot.

There was a Champagne dinner at the National Portrait Gallery's rooftop restaurant with its amazing views. The delicious food and generosity shown by the staff resulted in a wonderful evening that nobody wanted to end. When the taxi arrived, it was sent away empty!

The next afternoon, the heroines were chauffeured by WestOne Cars – who kindly did all our driving – to London's Phoenix Theatre to see the energetic and colourful musical Bend It Like Beckham.

The entire group was transfixed by the story of a girl who learns to follow her dreams. It was impossible not to be carried away by the Bollywood-inspired music.

When the heroines finally parted, it was with the promise to keep in touch, and the memorable weekend had been made all the more special by everyone who had donated their services for such a special group of women. ☐



Making friends on a day out in London

INTERVIEWS: MOYA SARNER. JANE KEMP. PHOTOGRAPHY: NICKY JOHNSTON. MARK HARRISON. STYLING: RACHEL FANCONI. JILLIE MURPHY. HAIR: PETROS MAIROUDHIOU. MAKE-UP: LINDSEY POOLE, CAROLINE PIASECKI. LYNNE WEARS DRESS AND JACKET, IAN STUART. NECKLACE, BASIA ZARZYCKA. OPENING PAGE: RAISSA WEARS DRESS, GHOST. NECKLACE, BUTTERFLY. JUDE WEARS DRESS, KELSEY ROSE. SHOES, LISA KAY. BRACELET, BUTTERFLY. KATHERINE WEARS DRESS, COAST. LYNNE WEARS DRESS, MASCARA. SHOES, PAPER DOLLS. EARRINGS, BUTTERFLY. KATE WEARS DRESS, CATHERINE WALKER. NECKLACE AND EARRINGS, BUTLER & WILSON. BANGLE, DOWER & HALL. HEELS, NEW LOOK

VS®
SASSOON

SALONIST™

DIMENSIONAL COLOUR
THAT RIVALS THE SALON

TREATS **ROOTS** THEN **LENGTHS**
SEPARATELY AS DONE IN SALONS



★★★★★

RATED FOR GREY COVERAGE & SHINE*

*MOST COMMON RATING AMONG 531 WOMEN ON Supersavvyme.co.uk - 21/05/2015.
SOME WOMEN PROVIDED WITH PRODUCT. MODEL WEARS 8/0 MEDIUM NEUTRAL BLONDE.

100% GREY COVERAGE

Why this really is the season of joy

At this time of year, it's easy to get caught up in the whirl of present-buying and parties. But the stories of these four women show what really matters at Christmas

'Our home will be filled with love and warmth'

Most women going through gruelling cancer treatment would not have the time or energy to launch a new business. But single mum Stella James did just that. And now she's rebuilding her life – with a new relationship, too



A festive toast: this year, Stella will be celebrating

When I separated from my husband in 2011 it was very hard, but I'm a positive person and I knew I could work through it. With two young sons, a telemarketing business and regular triathlon training, there was no time to mope. But in March 2014, a lump in my right breast seemed to appear overnight. Two weeks later I was told I had stage two breast cancer. It was a horrendous shock. I was so fit and healthy, and there was no family history of the disease.

My emotions were all over the place, especially when I thought of my sons Zachary, now 14, and Luke, nine. I had a lumpectomy, followed by chemotherapy and radiotherapy, and there were complications with cellulitis. The whole ordeal left me feeling depressed, and I knew I had to find something to distract me.

The answer turned out to be Gooseberry Planet, an app I invented that teaches children about online safety. It was a subject close to my heart, as the boys were wanting to spend more time online. Once I'd had the idea, finding a developer to create the app gave me a focus, helping me through some of the darkest days. For support, I rang Cancer Research UK's helpline when I felt sick.

My treatment finished in October last year, and in January this year the app was launched. It's been such an exciting time, and the app has been shortlisted for awards.

I'm taking Tamoxifen and still feel drained some days, but my latest scan was completely clear of cancer and I feel so positive about the future. I'm also in a new relationship. We're taking things slowly, but Mark is amazing and I'm thrilled we're going to spend Christmas Day together.

Last Christmas the boys were with their dad and although my sister was brilliantly supportive, I still felt low. This year everything will be different. We'll go to the village church in the morning, have a late lunch, a country walk with our dog Bongo and then home for family games, with a few bubbles to toast the occasion! There will be a lot of warmth and love in the house, and I really can't wait.

'I'll be the proudest mum at the Nativity'

When Natty Goleniowska missed out on her moment in the spotlight last year, her mum, Hayley, vowed to make her dream come true

Last Christmas was going to be particularly special for my daughter Natty – for the first time she was to have a speaking role in her school Nativity play. Natty has Down's syndrome and had been so excited about playing the role of an angel. She had great fun rehearsing at school and at home with her older sister, Mia. But then Natty fell ill with a chest infection. On the day of the play she had a high temperature and there was simply no question of her performing. We were so upset she'd missed her big moment.

Ever since Natty was born nine years ago, Christmas has been a poignant time for us. Natty – short for Natalia, which means 'born at Christmas' – arrived two weeks early in December. I'd had a straightforward home birth, but as the midwife looked at our new baby, it was clear something was wrong. Natty was small, silent and blue. She was given oxygen and rushed to hospital, and a few hours later we were told she had Down's syndrome.

Coming to terms with this was incredibly hard. My emotions were very raw as I wondered what the future held for Natty, and how the diagnosis would affect Mia, then only two. But Natty flourished, as my husband Bob predicted she would. She spent three weeks in neo-natal care and came home on Christmas Eve.

With the help of a wonderful support network of family, friends and charities such as Mencap, we began to realise we'd been blessed with a truly amazing child. When Natty started in the reception class of our local school, it was a wonderful moment. I decided to start a blog, Down Side Up, to offer support for other parents so they wouldn't waste precious time in fear and shock as I had in those early days. Natty is growing up to be an inspirational little girl. She's a clothes model, a horse rider, a cyclist and a baker. Mia loves her little sister to

STELLA IS SUPPORTING CANCER RESEARCH UK'S CAMPAIGN TO SPOT CANCER SOONER. VISIT CRUK.ORG/SPOTCANCERSOONER. STELLA WEARS DRESS AND JACKET, TED BAKER. EARRINGS, MANGO. HAYLEY WEARS DRESS, NO 1 JENNY PACKHAM AT DEBENHAMS. EARRINGS AND RING, QVC.UK.COM. SHOES, RUSSELL & BROMLEY. NATTY WEARS DRESS, I LOVE GORGEOUS AT SMALLABLE. SHOES, ANGEL'S FACE WINGS, SO TINY LONDON. TREE, HAYES GARDEN WORLD. DECORATIONS, FROM A SELECTION AT THE WHITE COMPANY AND GISELA GRAHAM



'Natty is growing up to be an inspirational little girl. She's a clothes model, a horse rider, a cyclist and a baker'

Star performer: Hayley with Natty, who will be an angel in this year's Nativity


Colour
as **real** as
you are.
We only make colour
so real and natural
looking, it doesn't look
like hair colour at all.
It just looks like you.
No wonder it's
the **UK's #1***
56 authentic shades
Up to 100% grey coverage
CLAIROL
8G
nice'n
easy
nice'n
easy
CLAIROL
Simone's colour is #8G Natural Honey Blonde.
©2015 P&G
*based on IRI volume sales August 2014 to August 2015

[CONTINUED FROM PREVIOUS PAGE] bits, although like any siblings they can annoy each other!

After the disappointment of last year, Natty found it hard to accept her chance had passed. For months afterwards she carried on dressing up in her angel outfit, announcing: 'I'm in the Nativity!' Eventually I felt I had to speak to her teacher and was thrilled when it was agreed Natty could play an angel this Christmas. As the big day approaches, we're all excited that Natty will finally get her moment in the spotlight. When she speaks her lines, no mum will feel prouder. It will be a moment we'll never forget.

'Our new family is nothing short of a miracle'

After so many disappointments, Kate Robson had given up on being a mother. Then she was persuaded to have one last try...

Every Christmas Eve since I was a child I've put out a mince pie for Father Christmas and carrots for the reindeer, but I'd given up hope of having a child of my own to carry on the tradition. I'd always wanted children but it took me a long time to meet the one, my husband, Justin, whom I married when I was 37. Aware that my age might make it difficult, we started trying for a baby straight away. But two years on, we were considering doing IVF to help me get pregnant.

By now my friends were all having children, and though I was genuinely happy for them I was desperate for a child of my own. Failing to conceive after three attempts was devastating. Just before I turned 40, we consulted the Nurture Fertility clinic, where I discovered I had low egg reserves. Things didn't look hopeful at all and there was talk of using a donor egg. But then the clinic suggested we try natural cycle IVF, where fertile eggs are isolated, retrieved and implanted again once fertilised. A couple of weeks after the egg is implanted you do a pregnancy test. Each time mine was negative and after five failed attempts I was distraught.

We decided our sixth attempt – our ninth overall – would be our last, and if it didn't work we would have to come to terms with never having a baby on our own. This time when it came to taking the pregnancy test I couldn't bear to check the result so I left it in the bathroom for Justin. He came out and showed me the test. I couldn't believe it was positive. We looked at each other in amazement, then Justin said, 'I think I'll go and make us a cup of tea.' A very British response!

Baby Albie was born in March this year – holding him for the first time was the happiest moment of my life. I couldn't believe after all we had been through that I was finally a mother at the age of 41.

Last Christmas, I was six months pregnant and our day was low key as we still couldn't quite believe everything would be okay. But this year will be very



Precious gift: Kate with her last-minute blessing, Albie, who'll be the centre of attention

'Holding my son for the first time was the happiest moment of my life'

NURTUREFERTILITY.CO.UK. KATE WEARS DRESS, BODY FROCK. NECKLACE AND BANGLE, CADENZZA. ALBIE WEARS BABYGRO, THE LITTLE WHITE COMPANY. DECORATIONS, FROM A SELECTION, ALL THE WHITE COMPANY

[CONTINUED FROM PREVIOUS PAGE]
different. For the first time I'm going to host a family Christmas with both sets of grandparents. Albie will wear a festive Babygro. Just to add to the occasion, I'll be cooking my first Christmas dinner! Justin's family always have mushy peas with the turkey and we'll give some to Albie to try so we can carry on the family tradition.

Best of all, I'll have a reason for putting out treats for Father Christmas on Christmas Eve. Our miracle baby is going to give us the most magical Christmas ever.

'My dog has brought joy and happiness back into my life'

A cruel diagnosis plunged Lisa Dower into a well of depression. Then along came a Labrador named Kelly and she realised she had everything to live for

Since my Labrador, Kelly, came into my life, every day has felt like Christmas. Before she came to live with us I was struggling to cope with losing my hearing and felt deeply depressed. With Kelly at my side, my life has been completely transformed.

My problems began in 2008 when I caught toxoplasmosis, an infection caused by a parasite, which I probably picked up while planting garden bulbs for a community project. I had a severe reaction to the infection and suffered near-fatal anaphylactic shock. Although I recovered, I was left profoundly deaf in both ears.

I'd had mild hearing problems since birth but I'd always coped well. I had a loving husband and two wonderful children, James, now 24, and Madeleine, who is 23. I worked as a primary school teacher and lived a very active life. I loved running, going to the gym, family camping trips – I was up for any challenge. But after my hearing went I felt as though my life was in ruins. I tried to mask the problem, attempting to lip-read to get by. But the strain became too much and I had to quit my teaching job. I even stopped meeting friends, as every social situation was a frightening nightmare. Constantly trying to translate a hubbub of sounds into something my brain could comprehend left me mentally and physically exhausted.

Despite the amazing support of my husband, David, at times I was so depressed that I even considered taking my own life. But then last year I was introduced to Kelly – a Labrador trained by Hearing Dogs for the Deaf. Over the months we've gradually learnt from each other. She is like a new pair of ears, giving me confidence and new-found independence. It's as if I've been reborn.

I'd given up going out to the shops completely, but this year I can once again do my Christmas shopping. It's such a relief not to have to explain my deafness to everyone – the Hearing Dogs logo on Kelly's jacket is all the explanation that's needed. Christmas this year will be a happy family occasion. We'll enjoy it as a family of five with David, our children – and, of course, Kelly. Lunch will be a traditional roast Christmas turkey, with vegetables grown on our new allotment. And Kelly's present will be a brand new dog bed – I think she definitely deserves to be pampered! □



Welcome back: every day is a good day for Lisa now she has Kelly

'Kelly is like a new pair of ears, giving me confidence and independence'

INTERVIEWS: HELEN NIANIAS. JULIET WEST. PHOTOGRAPHY: KATIE THOMPSON. HAIR: VICKI LORD. MAKE-UP: JO BULL. LISA WEARS DRESS, LUISA CERANO. COAT, MARC CAIN. HEELS, PHASE EIGHT. TIGHTS, PRETTY POLLY. BANGLE, QVC.UK.COM. GOLD WREATH AND BAUBLES, GISELA GRAHAM. ETCHED BAUBLES, THE WHITE COMPANY



PANDORA

UNFORGETTABLE MOMENTS

Beautiful jewellery for every occasion, hand finished from sterling silver.
Celebrate your Christmas moments. Be inspired at pandora.net


PANTENE
VISIBLY ERASE THE DAMAGE OF 100 BLOW DRIES
OUR MOST ADVANCED FORMULA YET.
VISIBLY ERASES DAMAGE FROM THE FIRST USE.
YOU'LL BE BLOWN AWAY.
PANTENE PRO-V
CONDITIONER
REPAIR & PROTECT
PANTENE PRO-V
SHAMPOO
REPAIR & PROTECT
PRO-V
FIND OUT MORE ON PANTENE.COM

It's a time of love and kindness

She likes to be known simply as Bishop Libby, and trained as a ballerina before turning to theology. The Church of England's first woman bishop, Libby Lane, talks to GH about her historic appointment, and explains why she believes the Christmas message is important for us all...

At Good Housekeeping, we're all about honouring women who have smashed through glass ceilings in male-dominated professions. And Libby Lane is certainly one of those pioneers. Except that, in her case, the ceiling was stained-glass: she is the first UK woman bishop in the Church of England's 500-year history. The torrent of media attention that followed her appointment could have overwhelmed a lesser woman. But her calm, poised, no-nonsense approach has seen Libby adapt and thrive in her new role as Bishop of Stockport, rising above the walkouts and heckling of a minority that still bitterly opposes women in positions of authority in the Church.

Her staunchest supporter is her husband George, who is a priest. They met when they were both studying theology at Oxford University, and celebrated their 25th wedding anniversary this year. It was George who commissioned the beautiful silver bishop's cross necklace that Libby wears with pride. This will be her first Christmas as a bishop. She'll be busy with services before heading home to be with George and their student children Connie, 21, and Benedict, 19, and cooking up a showstopping traditional turkey feast. And in Bishop Libby's book, it isn't Christmas without at least seven veg and three types of home-made stuffing.

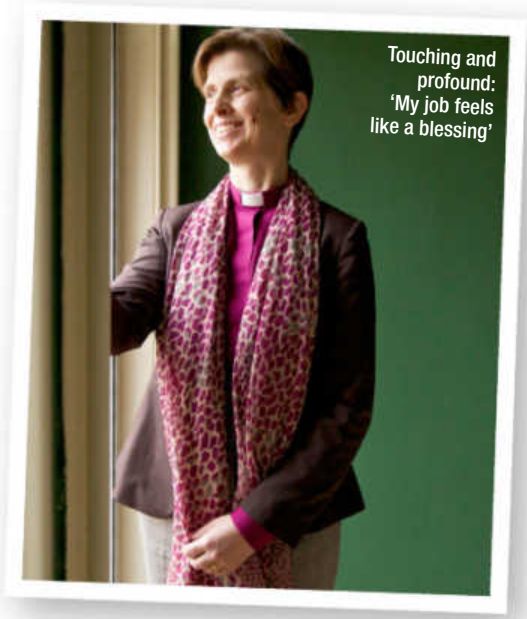
In a rare interview, she spoke to GH about the emergence of women in the Church (three more women have become bishops since her own appointment), how she has coped with her new-found fame, and reveals she relaxes by listening to electronic house music – and playing the sax...



Bishop Libby: 'People's reactions have been extraordinarily moving'

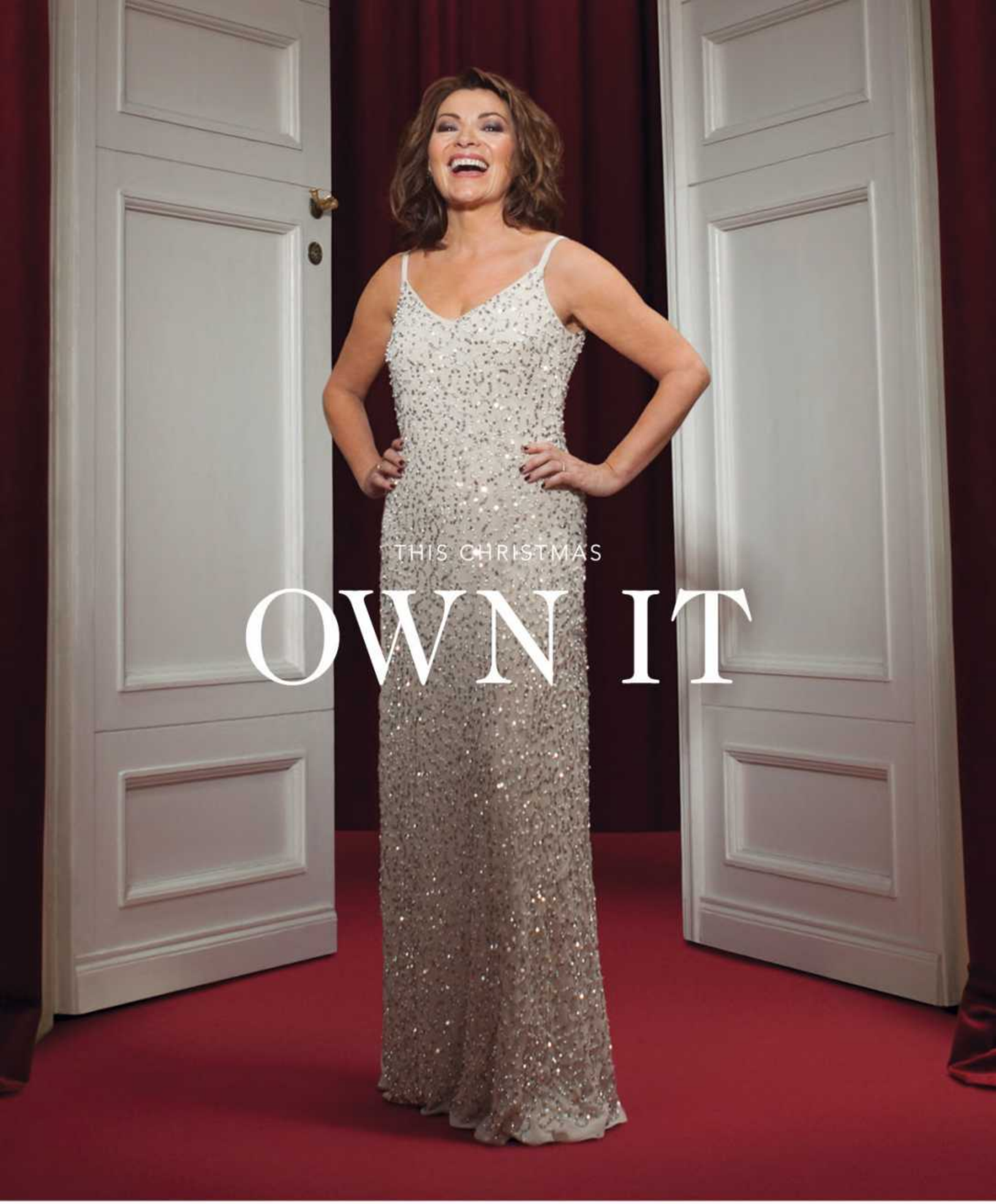
'My path has been cleared by those who've gone before me – women who've had to fight and struggle'

Congratulations on your appointment, which caused quite a stir. Has it been an interesting year?
Thank you! Yes, it's created enormous attention, and I've been really touched by the thousands of emails, cards and letters I've had. Many begin with, 'I'm not a religious person', but they feel they have an investment in my appointment – it's somehow touched or affirmed or given hope. That's been extraordinarily moving.
Adjusting to becoming a public figure must have been difficult.
To begin with, not a single day went by without me being approached by strangers in every conceivable place – on the bus, out for dinner, shopping, even in the airport. People would turn and say, 'You're that new bishop, aren't you?'
At an airport? Where were you going?
To Tenerife for a family holiday. I was wearing shorts and a T-shirt at the time!
Has being a woman caused any problems in your work?
I'm very fortunate that my experience of ministry hasn't been unduly difficult because I'm a woman. It feels like a blessing, not a burden. But I know my path has been cleared by those who've gone before me – women who've had to fight and struggle, for whom opportunities never came because they were women, or who had to face very unpleasant and personal opposition.
But you've faced resistance yourself, haven't you?
Some people wouldn't come to services I was leading, or walked out, or refused to take Communion from me. There are those for whom the appointment of women has been very distressing, and that's been articulated in ways that are hard to hear.
You were heckled at the consecration service at York Minster when you were appointed. Had you expected that?
I was warned it could happen. We knew those who were very deeply opposed might seek to express their feelings. But decades of public ministry helped me stay very calm, because I knew I was representing the Church as a body. That helped me rise above it on a personal level, too.
After the objector left, the roars of support for you must have been moving.
It was a very touching and profound moment. The huge majority are now clear that the Church is better embodied by women and men together.
Why has it taken so long for the Church to accept women in roles of responsibility?
The Church has always been influenced and shaped by extraordinary women, but they've not had the titles and status. But then women didn't have that universally until perhaps the last century or so. Given its age and scope, the Church is going to do things slowly.


Touching and profound: 'My job feels like a blessing'

Do you think there will be a female Archbishop of Canterbury within the next 10 or 20 years?
I think there will be, but how long it will take is open.
Has your husband found it difficult that your career's moved up to another level?
We're doing different things, not competing things. His current ministry [coordinating chaplain at Manchester Airport] is extraordinary and he's making a real difference to vulnerable people.
Did you have a religious upbringing?
Not at all. I was christened as a baby, but my parents were never churchgoers. Then when I was 11, a friend asked me to go with her one Sunday. I was attracted enough to return the following week, and the priest welcomed me back by name. It made a huge impression, and I felt valued enough to want to keep going.
Was the Church your sole career plan?
At one time I envisaged becoming a civil engineer, working on overseas projects. I also trained in ballet and jazz from the age of three. Later I went to Royal Northern Ballet School in Manchester. I knew I was good, but by the age of 17 – earlier, really – I'd accepted I didn't have the exceptional talent you need to become a ballerina. With dance, it's all or nothing, so I gave it up at 18. I still use my dance training. It means I am still conscious of visual impact – for example, the choreography involved in leading a service.
What do you do for relaxation?
I love books and usually read three or four at once. My son's introduced me to electronic house music – I've become a huge Deadmau5 fan. And I'm learning to play the saxophone. I can just about get a tune out of it – though my family might disagree – and I'm practising O Come, All Ye Faithful, and Silent Night...
Your bishop's robes were designed for men. Do you think they should be adapted now for women?
Mine were made individually for me, to fit my body. I'm happy to wear them – they're not fashion items.
We live in an increasingly secular society. Why would you say that Christmas is still so important?
I believe people are still spiritually alert and Christmas and the birth of Jesus is an enormously attractive story. The sense of wonder and transformation that children feel – beyond just getting presents – reminds us of the importance of those things. For me, it's about unexpected joy. That's why people can find something of themselves in the Christmas story.
How will you spend Christmas this year?
I'll be taking services on Christmas Eve and Christmas Day. Then the four of us – George, myself and our children – will prepare a traditional turkey meal together, with all the trimmings. I usually make a sausage-meat stuffing, a bread-based herb stuffing and a fruit stuffing, with apricots and cranberries. We have roast and mashed potatoes, a couple of green veg, plus red cabbage with port. I love roasted carrots and parsnips, and creamed leeks. George likes sweet potato, too. None of us particularly likes sprouts so we'll prepare six – one each and two spare for whoever is feeling extra good.
Do you and George exchange presents?
We do Christmas stockings for each other, with scarves, books, CDs, socks and satsumas – plus chocolate coins and a Walnut Whip!
Christmas, as you say, can be joyful, but also a difficult time for some. Do you have a message to share with GH readers?
The miracle of the first Christmas is that such disparate people – a young couple far from home expecting their first child, farm labourers isolated on a dark hillside, foreign travellers in an alien land, young and old, rich and poor, those with status and the excluded – all discovered the wonder of God's love. I pray that, this Christmas, GH readers, both those able to share celebrations with family or friends and those for whom the season may be lonely and difficult, will discover that love too, and be included in its welcome. □

INTERVIEW: JANE KEMP. PHOTOGRAPHY (PREVIOUS PAGE): MARK HARRISON. HAIR AND MAKE-UP: LINDSEY POOLE; PHOTOGRAPHY (THIS PAGE): CHRISTOPHER/THOMOND/THE GUARDIAN



VISIT JDWILLIAMS.CO.UK
OR CALL 0871 984 5114 FOR THE BOOK

CALLS COST 13P PER MINUTE PLUS YOUR PHONE COMPANY'S ACCESS CHARGE. LINES OPEN 7 DAYS A WEEK 7AM-10PM
JD WILLIAMS & COMPANY LIMITED IS AUTHORISED AND REGULATED BY THE FINANCIAL CONDUCT AUTHORITY. FIRM REFERENCE NO. 311618.
REGISTERED OFFICE, GRIFFIN HOUSE, 40 LEVER STREET, MANCHESTER M60 6ES. REGISTERED IN ENGLAND NO. 178367.

JD Williams



Join us to Give Beautifully this Christmas.

We're donating $1 to one of our favourite global charities every time someone posts how they are committed to making a difference using **#GivingIsMyStyle**

Give substance and style this Christmas with Paul Mitchell® Luxury Hair Care.

Gift set RRP from £20.00

Find us on and at Paul Mitchell UK

• affordable luxury • cruelty-free • truly professional

PAUL MITCHELL®
LIVE BEAUTIFULLY

Discover your nearest Paul Mitchell® salon at www.paul-mitchell.co.uk or call **0845 659 0012**

Some gift sets may not be available in all salons

Our brand new forever traditions



Holiday rituals are part of the pleasure of this time of year. But when life shifts, those traditions can feel sad and outdated. Four writers share how they let go of the ghosts of Christmases past and created something new



'We wanted everything to stay the same, but how could it?'

After her husband died, Helen Bailey found it a struggle to blend festive traditions from their time together with what her new family wanted

Four years ago, I burst into tears and wailed to my husband: 'What if this is our last Christmas together?' Due to various illnesses, it had been our worst Christmas in the 22 years we'd been together. On shaky legs, we'd decorated the tree, leaving the lower branches bare to stop our dachshund, Boris, from grabbing the glass baubles – beautiful, tiny works of art from high-end stores and art galleries. (I only had to see the phrase hand-blown and my credit card leapt out of my bag like spawning salmon battling upriver.) My husband dismissed my fears, and assured me that we had years of Christmases to look forward to.

Later that year, on holiday in Barbados, my husband went for a swim. He got into difficulties and drowned. I was a wife at breakfast and a widow by lunch, crash landing on Planet Grief while wearing a bikini.

My first Christmas Day as a widow was spent

relax in the country



COUNTRY LIVING *sofas exclusively at* dfs

Invite a little rustic charm into your life with the Country Living collection, a handcrafted range that includes the Gower featured here. Every sofa is painstakingly handmade to order with the very best British design and craftsmanship, using the finest materials. To find the nearest store that stocks the range visit dfs.co.uk/countryliving

0% APR REPRESENTATIVE Cushions optional extra. No deposit with 4 years interest free credit. 48 equal monthly payments of £24.95. Or pay nothing until Easter 2016, then 36 equal monthly payments of £33.27. 0% APR. Total £1198. Credit subject to acceptance. Credit is provided by external finance companies as determined by DFS. 4 years interest free credit from date of delivery. Delivery charges apply. 10 year guarantee applies to frames and frame springs on all sofas, chairs and footstools. DFS is a division of DFS Trading Ltd. Registered in England and Wales No. 01735950. Redhouse Interchange, Doncaster DN6 7NA.

'The key is to make new traditions – or honour old ones with a new twist'

in the garden of remembrance at the local crematorium, followed by a nut roast with my brother. I was back home and in my pyjamas by 5pm.

By Christmas number two, I'd met Ian, a widower with two sons. I was invited for Christmas with the boys' grandparents, and it was apparent that the family's festive routine was set in stone. This was fine – you can't rock up as a guest and start demanding changes – although I had to ask that the toy train that chugged around the edge of the living room be sent to a siding, as Boris discovered his inner sheepdog and kept derailing it by rounding it up.

Christmas number three, and by now Ian and I had bought a house together. Our families were blended, but blending didn't extend to Christmas, which each of us expected to follow the same routine. Standing back to admire the tree I had decorated with precious hand-blown baubles, Ian handed me a cardboard box full of headless angels, knitted fairies and one-eyed wooden drummer boys – many created by the boys with their late mother. Any attempt to alter his timetable or the festive menu was met with 'but my mum and dad expect it'. To me, Christmas meant carols, Champagne, long walks, new books and the Queen's speech. To them, it was endless competitive board games and an opportunity to eat as much as possible – their longest walk was between the kitchen and the sofa. It was five against one, and it felt very much like their Christmas. I was overwhelmed and lonely, homesick for a life that no longer existed. Retreating to our bedroom on Christmas night with Boris, I wept into his fur.

As my fourth new Christmas loomed, I reflected that it wasn't the children who wanted it to be the same, but the adults who were clinging on to Christmases past. We wanted everything to be as it always was – safe, comforting and familiar – but how could it be? As I say in my book, When Bad Things Happen In Good Bikinis, the key is to make new traditions – or to honour old ones with a new twist. I vowed that our next Christmas would be ours – and it was, right down to our tree with its blend of cotton-wool snowmen, designer baubles and brand-new decorations. It's taken years of tears over tinsel to realise that what's really important is not how we celebrate Christmas, but who we celebrate it with.



'We found a way to make sure we were all happy and included'

Her marriage had ended, but Cara Cooper and her ex were determined to keep Christmas special for their daughter

When Shane and I separated after 24 years, the last thing on our minds was how to deal with Christmas. Inevitably, though, the question came around – even more so when I found a new partner. Shane and I had been together since I was 16, and our yuletide traditions were firmly entrenched.

Shane's mother lives in America, so we always spent Christmas with my family. He loved those Christmases. We'd go to my sister's lovely home in a small country village where my brother-in-law bakes bread (he's Hampshire's answer to Paul Hollywood). Being Italian in origin, we have a curious tradition of homemade ravioli in rich chicken soup for breakfast on Christmas Day, the making and serving of which is a family ritual. There are walks to the duck pond, or over fields with the hoar frost sparkling in the brilliant Winter sunshine. We'd spend a whole four days there, happily isolated from the world with our board games and country walks.

When I met my new partner, Andy, I felt hideously pulled in different directions. I needed to cement my new relationship. But for my daughter, it would have been unthinkable to abandon either her mum or her dad at a time that had been so special for us for so long.

The first Christmas after I met Andy was the worst. How do you sort out time together when elements of the old family unit are so clearly apart? Andy and I were definitely an item, but I didn't feel able to break away from my family, with whom I'd spent the past 40 Christmases. So I went to my sister's – and my ex was invited too. It seemed no one wanted Shane to lose his rightful place, but my new partner was on his own in London and not yet in the fold. It was horrendously difficult.

In an effort to make it special for Andy, my daughter and I made him a surprise Christmas tree of branches from the garden painted white, showered with glitter, and set in a pot. On Christmas Eve we went to his house and decorated it with him, and cooked a Christmas dinner. Still, at the end of the day we left to make our way to my sister's house. We'd left a piece of our new family behind, and it all felt painfully skewed and very wrong. How on earth were we going to ensure in the future that everyone was happy and included?

The only solution was for us all to spend Christmas together. My sister, who does the hosting and has always been the peacemaker of the family, made sure there was enough room for everyone to have their own space. She and my brother-in-law worked tirelessly, and the next year they invited all of my slightly dysfunctional side of the family. Even though they had eight people to cater for over four days, everyone's needs were taken into account.

It's the ideal compromise. Shane and I always tried to be amicable, even at the height of the divorce, and have worked hard to be tolerant and accepting of each other for the sake of our daughter. Burying past differences and looking to the future and everyone's happiness is key. Now at Christmas, we celebrate with my ex-husband, my present husband, my daughter, my 94-year-old mother and our small black cat, too. Even my ex mother-in-law comes when she is over from California, and Shane's new girlfriend is also welcome. It takes some doing on everyone's part, but we really are one big, happy, slightly dysfunctional festive family!

PORTRAIT OF HELEN: ©ALICE THE CAMERA. WHEN BAD THINGS HAPPEN IN GOOD BIKINIS BY HELEN BAILEY IS AVAILABLE NOW. CARA COOPER HAS CONTRIBUTED TO THE MAMMOTH BOOK OF JACK THE RIPPER TALES (LITTLE BROWN), OUT IN NOVEMBER



'None of us will ever take Christmas for granted'

For Juliet Greenwood, celebrations centred around her father's remote cottage. Now that he is gone, new generations are enjoying what he created

My father loved Christmas. He and my mum were late having children, and Mum was often not well, so it was my dad who took over. He lived into his 90s and, for as long as most of us can remember, was at the centre of Christmas, when the entire extended family came to stay.

When I was little, my parents rented a cottage in a remote valley in Coed-y-Brenin, Snowdonia. They later lived there full time and put in a few mod cons (like electricity and an indoor loo), but my memories are of paraffin lamps and candlelight, my dad balancing the pudding on a little camping gas stove and hoping the canister wouldn't run out before it was done.

Most of the family were vegetarians, so often 14 or more would squash together for a chestnut roast with all the trimmings. Dinner was inevitably late in the day because there was always a walk – either up the hill with spectacular views or to the local goldmine. When darkness fell, it was complete – with the kind of silence where you can hear your heartbeat. On a clear night, there were more stars than I've ever seen since. And, of course, there were times when it snowed and we all got stuck there, and more than once had to be rescued by relatives staying down below.

We managed to keep the tradition going, after a fashion, right up until Dad's final Christmas. But after that, it was a painfully hard act to follow. As he grew frailer, every Christmas with my dad had been precious. After his death, it was hard wanting to have separate celebrations, with our own friends and families, but also keeping the spirit of those magical Christmases alive.

So, in the end, we came to a compromise. We still have Christmas at the cottage as often as we can. Part of keeping the memory, but also making it new, has been through my brother's partner, who is Swedish. With her children, she has brought us many new traditions. Now we celebrate on Christmas Eve, so those who wish to can go on to celebrate with their own families the next day in their own way.

I'm not entirely sure my dad (a stubborn, old-fashioned Yorkshireman who was dubious about pasta) would have approved of the baked ham with a mustard crust or pickled herrings – let alone the bear and elk sausages, and the odd strip of dried reindeer meat. He would have been very uncertain about the seven kinds of biscuits and the saffron buns. But the chestnut roast and the cheese pie are still there in his honour, and there's always Christmas pudding. And I know he would definitely have approved of the glögg – a deliciously spicy mulled wine with raisins and blanched almonds at the bottom of the glass.

Christmas will be especially poignant this year, as my father would have turned 100. We'll be remembering the huge changes he saw in his long life, as well as our family growing up and transforming. And I think none of us will ever take Christmas for granted.

Our remade Christmas combines many memories and traditions, but perhaps, in the end, they are all about that fragile light and warmth in the middle of vast space and darkness, and not so very different from each other, after all.

'My memories are of candlelight, and Dad balancing the pudding on a little camping gas stove'



'We left Britain for many reasons – including avoiding Christmas'

After childhood Christmases overshadowed by divorce, Sarah Alderson decided to take her own family as far away as possible

Last Christmas, our daughter, Alula, woke to the sound of cockerels and crickets, then opened her presents – most of which were recycled or found for pennies – a wooden drum, some beads.

Christmas in Bali was always extraordinary. One year, we spent it in clifftop bungalows, the only interruption being when a troop of monkeys broke in, stole Alula's Play-Doh and ate it.

We left the UK for many reasons: a new life, freedom from the grind of working full time and parenting. We were terrified of working for 40 more years before we could do the things we dreamed of, and we wanted to live somewhere warmer. But I'd be lying if I said that avoiding Christmas wasn't also on the list.

I was nine when my parents divorced. I vividly remember the Christmases before then as a time of magic – evening strolls, my granddad roasting his toes by the fire and his slippers catching alight, the glee of bursting into my brother's room before dawn to open presents. There were no roasting fires after the divorce – only my grandmother telling me over mince pies that I would go to hell because my parents were no longer married.

My parents did everything they could not to make us feel we had to choose between them, but as soon as September rolled around, the knot would form in my stomach: who to disappoint this year? The guilt grew over the years and got worse after I met my husband, John, whose own parents were separated.

We now had four sets of parents not to disappoint. Often we started negotiations months in advance. The one year we invited all four sets to ours, I only survived by marinating myself in more alcohol than the Christmas pudding.

In Bali, where we lived for five years, we were free to re-invent the tradition – and I actually started to enjoy Christmas. Living in a Hindu country, it became much more about practising gratitude. Often we would invite a gaggle of international friends over for a potluck – replacing turkey with Babi Guling (a local pork dish) and Christmas pudding with Bubur Injun (black rice pudding).

So while we have returned here temporarily for the publication of my book, Can We Live Here?, we'll be off again soon to California – where we can reinvent Christmas all over again... □

COMPILED BY: JACKIE BROWN. ILLUSTRATIONS: YULIA BRODSKAYA. JULIET GREENWOOD IS THE AUTHOR OF HISTORICAL NOVELS EDEN'S GARDEN AND WE THAT ARE LEFT. AS HEATHER PARDOE, SHE WRITES ADVENTURE NOVELS PUBLISHED BY ENDEAVOUR PRESS. CAN WE LIVE HERE? BY SARAH ALDERSON IS AVAILABLE NOW. VISIT CANWELIVEHERE.COM.


LAURA ASHLEY
lauraashley.com
laura ashley
FOR THE WAY YOU LIVE



WOMEN, MEN, KIDS & HOME

Discover our story and shop online at **mandco.com**

Visit our 250 UK stores or say hello! 0808 129 0520

M&Co

GOOD LIFE

THIS MONTH WITH *Jamie Oliver*



Food superhero Jamie Oliver explains why he's gone back to school and shares what he's planning to get up to with wife, Jools, and their four children

FILM

BY THE SEA

Angelina Jolie is showing herself to be quite a director. In her latest film, she and husband Brad Pitt play a couple in a troubled marriage. They're friends of mine and are amazing – a very talented family! If Jools and I had to play husband and wife, it would be a nightmare!



Wedded bliss? Angelina and Brad play a troubled couple

STEVE JOBS

What an incredible man Steve Jobs was. He nearly lost everything, and then *had* everything as boss of Apple, but sadly, he couldn't beat cancer. This film stars some amazing talent – Michael Fassbender, Seth Rogen and Kate Winslet – and is directed by Danny Boyle. It's bound to be brilliant!



Emory Cohen and Saoirse Ronan bring Colm Tóibín's novel to life

BROOKLYN

This drama is set in 1950s Ireland and America, based on a novel by Colm Tóibín, and stars Julie Walters and Jim Broadbent. I love Julie Walters, so I'm really looking forward to this.

THE GOOD DINOSAUR

Pixar's latest family film imagines what the world would be like if the dinosaurs had survived. I love anything about natural history.



What if dinosaurs still walked the earth?



Must-see TV in the Oliver house

TV

STRICTLY COME DANCING

I'm normally cooking dinner when it's on, but I do enjoy a bit of Strictly. It gets better every year. The missus and kids are all over it.

MASTERCHEF THE PROFESSIONALS

I love Marcus Wareing and Monica Galetti, who host this show, and the chef contestants really know their stuff. It's good seeing the show in a different gear and it's just as stressful as the non-professional one!

MUSIC



The boys are back on tour

DURAN DURAN

I'm into rock and indie, but I'm a big Duran Duran fan from back in the day. I had all their albums. I'm 40 now, so I could be there with them!

THEATRE

ELF THE MUSICAL

Anything that can capture my kids' imagination for an hour and take the pressure off me is much appreciated! I enjoyed Elf the movie, and the new stage show at London's Dominion Theatre stars Kimberley Walsh.



A Christmas favourite comes to the stage



An enduring classic

CHITTY CHITTY BANG BANG UK TOUR

One of my favourites! The kids have seen the film and love it, but haven't seen it in the theatre yet.



Jamie's labour of love

BOOK

EVERYDAY SUPER FOOD BY JAMIE OLIVER

This is the hardest book I've ever written. I took all the photos, so it was a big change for me. It feels like a diary and is a real labour of love. I trained as a nutritionist in a year, which was really inspiring and has changed the way I'm thinking about the next 10 years work-wise and recipe-wise. Soon I will be starting a Master's in nutrition at St Mary's University in Twickenham.

EVENTS

HYDE PARK WINTER WONDERLAND

I go every year. There's a big, tall ride that drops from the air, which my two eldest love. But it makes me feel rough – I had to get out last time! We usually have a few food stands there, too.



Enjoy the ride… or perhaps not!

FEATURE: JESSICA CALLAN. PHOTOGRAPHY: JOHN SWANNELL/HEARST MAGAZINES UK, BBC/GUY LEVY, 2015 DISNEY PIXAR, ALASTAIR MUIR, PAUL STUART. EVERYDAY SUPER FOOD BY JAMIE OLIVER (MICHAEL JOSEPH) IS AVAILABLE NOW



DELICIOUS IN DIFFERENT WAYS

Enjoy the unique tastes of Ferrero's creamy fillings and crunchy wafer with the classic hazelnut **Rocher,** seductively dark **Rondnoir** and velvety coconut **Raffaello.**



FERRERO

written specially for you by Kate Mosse

The memory box

A surprise find in an antique shop helps one woman come to terms with her heartbreak, in this beautiful story from bestselling author Kate Mosse, written especially for Good Housekeeping



A COLD AFTERNOON IN DECEMBER. Light fading from the sky. Voices muffled, distant. And on the banks of the River Arun, a furniture warehouse in Sussex filled with the scent of old leather and dust and antiquity. Objects floor to ceiling, white treasury tags with handwritten prices on each rattan chair and each gilt mirror, Art Deco lamp. A Victorian child's dollhouse and an Edwardian pram.

Jac held the box between her chill fingers. It was one of those peculiarly attractive boxes her eyes were always drawn to in places like this. Her mother would love it. Would have loved it, Jac corrected herself. This box was beautifully crafted, 12 miniature drawers arranged two-by-two. Highly polished wood, the colour of a conker just fallen from the tree, smooth and elegant. Rather similar in tone to the 1930s printers' type tray she'd found in a junk shop in Chichester last year that held drawing pins and staples and paperclips on her messy desk. Walnut, perhaps, or possibly olive wood?

Jac put it down on the escritoire and, pinching the small round handle on the top left hand drawer, pulled. Silently, it slid open. Empty, holding the memory of sawdust and ink. Jac tried another, which also opened easily. Inside that one, a square of old newspaper wrapped round a key. She tried it, and found it didn't fit the lock at the base of the box.

Jac wondered what its original purpose had been and, if she bought it, how she might make use of it. A Georgian jewellery box? Too plain. No mother of pearl decoration or

A GH FAVOURITE



A bestselling author and one of the judges of our respected novel competition, Kate Mosse became a household name after the publication of Labyrinth, the first book in her hugely successful Languedoc trilogy. She is also a founder of the Baileys Women's Prize for Fiction (previously the Orange Prize for Fiction). Her latest book, The Taxidermist's Daughter, is out now.

[CONTINUED FROM PREVIOUS PAGE] inlay. Perhaps a child's trinket chest, though the drawers were too small to hold anything much. Jac smoothed her hand over the surface, liking it more for the faint scratches scored in the smooth wood. It made her feel as if the box had, once, been loved and used and valued. Not decorative or for best only, but something belonging to someone.

In the background, in one of the units at the front of the converted wharf warehouse, a woman was laughing. A chiming, pretty sound. Jac could hear the trader's voice, too, as he played his part in a negotiation that was all for show. 'I'll take twenty quid off, that's my best offer. Any more and I'd be out of business, madam.' Another arpeggio of laughter. A performance, then a handshake. Honour satisfied, each feeling they had got the best of the bargain.

The rhythm of their conversation floated in and out of Jac's consciousness, underscoring her thoughts. Jac glanced at the card tied to one of the tiny handles to see how much it was. She pulled a face. Steep, but actually less than she'd expected.

Then, whisperings and a whisper, heard and yet unheard.

'Go on. It suits you.'

Jac spun round, cross that someone had sneaked up on her. There was nobody there. 'Hello?' Nothing but her own anxious voice echoed back at her. The alleyways between the teetering towers of chairs and farmhouse tables stacked one on top of another were empty.

'Hello?' she said again. No one.

Jac shivered. She was feeling a little fragile – she always did at this time of year, the anniversary of her mother's birthday – but it didn't usually make her jumpy. Had she imagined someone talking to her? Or was it just the thoughts in her own head spilling out into the world?

Jac peered for a little longer into the gloom, then up to the letterbox windows that ran the length of the building. The light was fading from the sky, from grey to the pink of dusk to black as the cold sun sank down to earth. And this particular warehouse, filled with the detritus of other people's lives, did have an odd atmosphere. She'd noticed it when she'd first come in. Now, at the tail end of this Winter's day, the shadows were dancing and lengthening. Sounds, too, stretched and distorted and bounced, refracting like light.

Then Jac heard the same woman laugh again and the sliding doors of the warehouse grating upon their runners.

'Anniversaries were the worst. Not just birthdays, but Christmas, too'

Metal on metal. Telling herself not to be so silly, Jac turned back to the box. She wasn't in a hurry. A pre-Christmas trip to Arundel with her mother to celebrate her birthday, for tea rooms and shopping, had been a tradition. Parking at the bottom of the hill, walking over the bridge and up the High Street towards the castle gates. Visiting each and any antiques shop that had taken their fancy on the way. Lunch or an early afternoon tea in any one of the number of cafes, then home.

Jac felt the familiar loss twist in her chest. Her mother had been dead two years now, but grief still had the power to make her light-headed. As if she was falling. All noise muffled, as if behind glass, everything shimmering and set free of its anchor. Jac placed her hands on the bureau to steady herself. She'd hoped doing something they'd done together, for all those years, might help her remember the happy times, not just the sadness. Anniversaries were the worst, of course. Not just birthdays, but Christmas, the weddings and christening of sisters and nephews. All of it. There was also, Jac knew, a part of her that didn't want to move on. Surely the people who most matter, whom we love, shouldn't simply vanish as if they'd never been? Slip beneath the surface of the waters. The space they once had occupied should feel empty.

For a while, at least.

Jac shook her head, cross to have drifted into a melancholy frame of mind. Life had to move on. She needed a new way of thinking. A way of remembering the good times that brought her pleasure. Freezing to death in a white-washed warehouse was probably not the best way to go about it, but this pretty and ornate box would have been a perfect gift for her mother. Jac would have sneaked back when she wasn't looking and bought it.

A decision. Yes, or no?

Jac picked up the box and walked to the till, not even attempting to negotiate the price.

Twenty minutes later, her hands cupped round a mug of tea, Jac was looking out through the plate-glass window on to the pleasant high street filled with shoppers, decorations for Christmas. Holly and sleighs and angels.

The box was on the table in front of her. If she'd been the sort of woman to have jewellery, then it would be perfect to store rings and studs and butterfly backs of earrings. Thin filigree silver chains. It's what her mother would have done.

Jac sat back in the chair, feeling the wicker creak beneath her Winter coat. She realised, out of the blue, she felt calm. Something had finally shifted inside her. Suddenly, she understood that she didn't have to keep doing everything just the same to keep their shared memories alive. She could make new memories. She put her hands on the box – a box ready for memories – a birthday present that her mother would never receive, and found herself smiling. In these tiny drawers, one for each month of the year, Jac would put mementoes, things of value to her mother. She could put inside the box those things she would have shared with her mother. Thoughts scribbled on a piece of paper, her mother's wedding ring, which Jac couldn't bring herself either to wear or to sell, a one penny piece minted in the year she'd been born.

This is how we celebrate and remember, but fare forward. This is how to keep precious what mattered while making new memories to shore us up against the times to come.

Jac glanced over to the counter. Usually, they would dither over ordering a second pot of tea or else heading to the Norfolk Arms for a gin and tonic. Jac slipped the white treasury price tag into the top drawer, the first of the treasures in her Memory Box, then went back to the counter to order herself a slice of walnut cake and a small glass of red wine. New traditions sitting alongside the old. Starting now.

'Happy Birthday, Mum,' she said, raising her glass. The words felt right on her lips. Outside, a pale moon was rising in the ink black sky. Lights flickered over the still surface of the river. The paved streets of the town were flooded with colour from the festive lights hanging between the buildings.

Jac smiled. Not long until Christmas. This year it was going to be a good one, she just knew it.

PORTRAIT OF KATE MOSSE: MARTIN AND JESSICA REFTEL EVENS. ILLUSTRATION: OWEN GATELY

Kaleidoscope

DESIGNED TO BE DIFFERENT

KALEIDOSCOPE.CO.UK



NEW CUSTOMERS

SHOP NOW WITH

A KALEIDOSCOPE PERSONAL ACCOUNT

AND GET 25% OFF PLUS FREE

DELIVERY* REPRESENTATIVE

34.9% APR VARIABLE

JUST QUOTE CODE TK6P

AT THE CHECKOUT.

TAILORED JUMPSUIT 14D498 £66.75 | FAUX-FUR WRAP 84K153 £22.50 | SHIMMER SANDALS 42C329 £26.25

THE PRICES SHOWN HERE HAVE BEEN REDUCED TO REFLECT THE SAVING WHEN YOU OPEN A KALEIDOSCOPE PERSONAL ACCOUNT.

* The offer excludes sale and electrical items. Free delivery is worth £3.99. The offer is only available to new customers opening a Personal Account (credit subject to status). UK residents aged 18 years or over. Offer code TK6P may only be used once and must be quoted at the time of ordering, it cannot be added at a later date. The discount only applies to items added to your basket from the Kaleidoscope website. For telephone orders call 0871 244 2770 (calls cost 10p per minute plus your phone company's access charge) quoting code K3695 and TK6P. Offer ends 31.12.2015.



Welcome to Gudrun Sjödén's UK flagship store at 65-67 Monmouth Street, London WC2H9DG

You can also visit our webshop, call 0800 056 9912 or e-mail order@gudrunsjoden.co.uk. Free shipping, fast delivery and 30 day return policy!

CAN A *husband* BE TRAINED TO BUY *presents*?





Some women are given fabulous gifts at Christmas – romantic, well chosen... perfect! **AMANDA CABLE** isn't one of them. And like fed-up wives everywhere, she's had enough

It was my first Christmas with my husband, Ray, in December 1993, and I remember the thrill of exchanging presents beside a romantic open fire, of tearing open a beautifully wrapped box and... the horror of finding inside a pair of all-in-one thermal long johns. This was so far from the silk negligée or Chanel perfume I'd wanted that I was literally struck dumb, and Ray mistook my silence for delight. On closer examination, the long johns were actually for men. It was the first sign that Christmas with Ray was always going to be a challenge.

My husband, so thoughtful and considerate for 11-and-a-half months of the year, is simply incapable of engaging his brain at Christmas. Last year, for example, he gave me a strap-on head torch from the local garage. 'It was the only place open at 7.30pm on Christmas Eve,' he said. He couldn't understand why that made me angrier still!

Previous disasters include a didgeridoo from Greenwich Market. There was an empty Take That CD box (he didn't ask the cashier to put the CD inside), a tiny Vivienne Westwood mini skirt (which made me look like the fairy on the Christmas tree), and a stylus for a Linn Basik record player (I don't own one – but luckily Ray does).

The children don't fare much better. Our 17-year-old, Ruby, spent years opening Young Electrician DIY circuit boards and Scalextric racing cars. Last year, asking for something more feminine, she received a My First Make Up Set, including face glitter and stick-on nails. Her 14-year-old twin brothers, Charlie and Archie, received a lute, a penny whistle and a vintage Arnold Palmer Celebrity Golf Set from Ebay (which Ray played with for the rest of the day). Part of Ray's problem is that he always remembers Christmas at 5.45pm on Christmas Eve – which limits his choice of shops. He's generous with money, but this makes his present-buying failures even worse. He's not alone, either, it seems. Horror stories from my friends include...

❖ Victoria, a legal advisor from south east London: 'When I met my husband, Kieran, I told him I liked brown sauce. For Christmas, I received 10 wrapped bottles of HP!'

❖ Pamela, a mother-of-two from Sidcup, Kent: 'I once received an Olivia Newton-John endorsed rubber silicone glove to perform my own breast examinations, and a pair of novelty Shrek slippers.'

❖ Picture agent Kirsty, from Surrey: 'My husband bought me some awful thigh boots. I was seven months pregnant at the time, and couldn't even get them over my ankles.'

❖ Shop owner Louise, from Cornwall: 'I received a frying pan and realised my marriage was over. Indeed, it was our last-ever Christmas together.'

❖ And spare a thought for my neighbour Janice, who says: 'I once was given a lawnmower. Ever since then, my husband, Alan, has refused to cut the grass because, apparently, I'm the one with the lawnmower!'

Clinical psychologist Dr Claire Halsey explains that when it comes to present buying, many men struggle. 'Couples have different expectations as to what is acceptable,' she says. 'Women often think of gifts as symbolic – to reflect how important their loved one is to them. But many men are more practical. In fact, they would like something practical themselves, so they are more likely to assume their partner wants something useful, too, like a steam iron or RAC roadside assistance! The key is to socialise him into buying the right thing. My husband likes surprises, so I photograph six items of jewellery I like, and he chooses which to buy. He keeps the element of surprise – but I keep some control!'

Ray's last-minute present dash is now one of our Christmas traditions. So when I open yet another ridiculous present, it gives us all something to laugh about – perhaps the best gift of all. But after 22 years of marriage the joke is wearing thin, so this year I set him a GH Christmas Challenge...

HOW *wrong* CAN HE BE...? TURN THE PAGE TO FIND OUT

So, HOW DID HE DO...?

With the warnings of his wife ringing in his ears and a strict budget to stick to, we challenged Ray to finally get it right...

For wife Amanda

BUDGET: £200

Major Wear Top Hat, £39, afternoah.com

AMANDA: The top hat set him back almost £40 and I am too embarrassed to wear it. I look like something from Dr Seuss.

RAY: Amanda says she likes hats, and she's never been afraid of quirky styles, so when I saw this, I just knew it would make her laugh.

TURKEY

FitFlop Cuddler Snugmoc Suede slippers, £75, johnlewis.com

AMANDA: These are thoughtful and cosy. I absolutely love them. The only problem is they are a size four – and I am a size seven!

RAY: I never knew Amanda had such big feet.

TURKEY

Compost Bin, £16.96, lakeland.co.uk

AMANDA: I mentioned last May that our plastic compost bin needed replacing. I'm not sure if it was what I wanted for Christmas.

RAY: Amanda always gives me massive hints about her presents all year round – and if I don't remember, she goes into a huge sulk!

TURKEY

AMANDA'S PREFERRED GIFT:

I've always wanted the Jo Malone Cologne Collection, £70 – it's a mixture of five different scents so Ray can't get the wrong one!

For mum Freda

AGE: 84
BUDGET: £100

Salter Heston Electronic Kitchen Scales, £39, johnlewis.com

FREDA: I can't see the buttons on this one without my glasses. I haven't the patience to read the instruction manual. I don't mean to be ungrateful but I'll stick to my old 1950s ones.

TURKEY

Champagne Hot Air Balloon flight, £109, buyagift.co.uk

RAY: Mum has never flown, but she loves a day out. This is one she'll always remember.

FREDA: I'm terrified of flying. That is the reason I have never flown. Oh dear, this fills me with horror. I don't drink alcohol either!

TURKEY

FREDA'S PREFERRED GIFT:

I'd love a Jaeger silk scarf – there's a pretty Basketweave classic print one for £99 that reminds me of my favourite scarf from many years back.

For daughter Ruby

AGE: 17
BUDGET: £50

Vegetable Spiralizer, £28.99, lakeland.co.uk

RAY: I thought this would be a good way to get Ruby to eat her greens.

RUBY: These are all the rage! I can't wait to try courgette spaghetti – the perfect gift!

CRACKER

Taylor Swift, 1989 CD, £9.74, amazon.co.uk

RAY: I remembered that Ruby loves Taylor Swift – so I thought she'd enjoy this latest album, which is soaring up the charts.

RUBY: I DID like Taylor Swift – when I was at primary school! I don't think Dad realises I don't have a CD player.

TURKEY

RUBY'S PREFERRED GIFT:

Day ticket to Latitude Festival, £87.50, to see some of the bands I really like!

For twin sons

AGE: 14
BUDGET: £50

Star Wars Radio Controlled Inflatable Yoda, £39.99, argos.co.uk

RAY: The boys love Star Wars, and they love radio-controlled gadgets. Perfect!

CHARLIE: If any of my friends from school see this... It actually says age 3+ on the box!

TURKEY

CHARLIE'S PREFERRED GIFT:

Fifa 16 for XBOX 360, £39.99 – the only game this year.

Hasbro Monopoly PS4 Game, £21.99, argos.co.uk

RAY: The boys love Monopoly – it's our favourite family game. This edition involves a PS4, so it's just right!

ARCHIE: This is a great idea and I do love Monopoly. But Dad always gets my games consoles confused – I own a PS3. This won't work!

TURKEY

ARCHIE'S PREFERRED GIFT:

Sherlock Cluedo Board Game, £27.99, argos.co.uk – Sherlock is my favourite TV show and there's no need for a console!

PHOTOGRAPHY: GETTY, HEARST UK STUDIOS, EMIL LARSSON/HEARST MAGAZINES UK





PERSONALISED TO A WHOLE NEW LEVEL



Trust Sharps to work with you to create your dream bedroom. We'll help you choose beautiful, bespoke fitted wardrobes, in just the right style. We tailor our innovative storage solutions to suit your needs, giving you a personalised place for every little thing you own. Then we fit it all beautifully, enhancing your room's best features and transforming it into your perfect space.

12 YEAR PRODUCT & INSTALLATION GUARANTEE

be inspired by our new brochure

0800 789 789

or discover your perfect bedroom at your nearest showroom

visit sharps.co.uk

sharps

created with you


walk in
comfort
WEAR WITH STYLE
fashion by
rieker
ANTISTRESS
THE WORLD'S LEADING ANTISTRESS® FOOTWEAR BRAND
TO VIEW THE FULL AUTUMN/WINTER 2015 RANGE AND FIND YOUR NEAREST STOCKIST
VISIT WWW.RIEKER.CO.UK | TEL: 01858 414141

Bookshelf

Good Housekeeping

We bring you our favourite new hardbacks, paperbacks and e-books – from light-hearted fiction to literary gems

For more book news and reviews, visit goodhousekeeping.co.uk/editors-choice-book-reviews

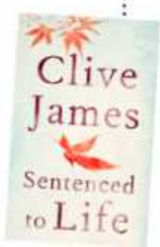
ON MY BEDSIDE TABLE

Wendy Cope



Much-loved poet Wendy Cope is appearing at the Folkestone Book Festival to talk about her latest book, Life, Love And The Archers. Her lines are often quoted but whose words does Wendy enjoy?

◆ **SENTENCED TO LIFE** is **CLIVE JAMES'** new book of poems, written after he fell gravely ill with leukaemia. They're very good and very moving.



◆ I love crime fiction and I'm always delighted when I discover a new author. **KATE CHARLES** writes detective stories set in the world of the Church. Her central character is a female priest who helps the police solve murder cases and the books are great fun. The first one I read was **SECRET SINS** but I'm planning to read the whole series.

◆ Reading **DAVID COPPERFIELD** recently for the first time was a real joy. Although I had a vague idea of what happened from seeing bits of it on TV, I still found it gripping. It's **CHARLES DICKENS'** characters that make it such a wonderful book.

◆ Queen Anne is a rather neglected character in history, so I enjoyed finding out more about her from **A WANT OF KINDNESS**. It fictionalises her story from child princess of the Restoration court to heiress of England. With some historical fiction you can picture the author sitting in the library doing their research, but **JOANNE LIMBURG** gets it absolutely right.

◆ I read **MAGGIE & ME** by **DAMIAN BARR** after I heard him read from it at a festival. It's his memoir of growing up in Scotland in the 80s. Some of it is painful but it's very well written.



Good Housekeeping's HOT READS



◆ The huge success of Gone Girl catapulted **Gillian Flynn** to stardom. To keep fans of her dark thrillers going until her next novel (rumoured to be coming in 2016) she's written **The Grownup**, a chilling short story about a fake clairvoyant who gets tangled up with a mysterious family.

◆ Set against the backdrop of the Great War, **If You Go Away** is a slow-burn love story between a deb and a playwright that builds to a tear-jerking climax. **Adele Parks'** best book yet.

◆ Irish author **Edna O'Brien** returns with **The Little Red Chairs**, her first novel in 10 years. A faith healer from Eastern Europe charms his way into the lives of locals in a quiet Irish village – but there are violent consequences when his true identity is revealed.

Book of the month

Many celebrities have tried to make the move from TV to novel writing but not all have done it with complete success. DAWN FRENCH is an exception. Right from her debut novel, A Tiny Bit Marvellous (the biggest-selling Christmas book of 2010), readers loved her darkly humorous writing. Her third book, ACCORDING TO YES, is just as witty and warm. Her heroine is Rosie, a jolly, overweight English nanny who parachutes into the home of a wealthy, uptight New York Upper East Side family and slowly brings the joy back into their lives.



Ingrid, 61 and Andrea, 34
love their ara's.

Our day, our shoe.



GUARANTEED
TO KEEP YOU DRY
GORE-TEX
PRODUCTS



„Rom" 44426-01
Foot-hugging fit. Adapts to your foot for supreme comfort,
but can also be replaced with your own insoles.
From the „Regular Fit" collection.

Find the shoe that fits your lifestyle.
Ask your ara dealer or visit ara-shoes.com

Fit your lifestyle. ara

Bookshelf

continued from previous page

THRILLER OF THE MONTH



◆ Set in Klein Karoo in South Africa, **RECIPES FOR LOVE & MURDER** by **SALLY ANDREW** is the first in a new crime series featuring a chef-turned-agony aunt as the likeable heroine. There are similarities to the No. 1 Ladies' Detective Agency books, but this has darker undertones.

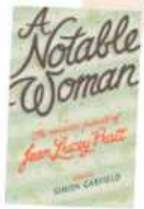


GH LOVES...

◆ For **EVERY THING WE TOUCH**, designer **PAULA ZUCCOTTI** travelled around the world asking people to document every object they touched in 24 hours, before Paula photographed the items together in one shot. The results are strangely fascinating.

Best non fiction





◆ **THE PENGUIN LESSONS** is an uplifting true story about author **TOM MICHELL**'s years as a teacher in Argentina and the penguin he adopted as a pet.

◆ Bookseller **JEAN LUCEY PRATT** started writing a diary aged 15 and kept up the practice well into her 90s. Her wry, funny and honest words make **A NOTABLE WOMAN** – the choice picks from those journals – a complete delight and an insightful look at how life has changed for women in the past 80 years.

Also out THIS MONTH

◆ TV historian **KATE WILLIAMS** returns with **THE EDGE OF THE FALL**, a Downton Abbey-style drama about a grand family down on their luck in the Roaring Twenties.

◆ **THE CLASP** by **SLOANE CROSLEY** is a sharp and funny comedy about a love triangle between college friends who reunite for a classmate's wedding.

◆ A daughter pieces together the details of her father's life – and enriches her own in the process – in the enchanting **THE MARBLE COLLECTOR** by **CECELIA AHERN**.

◆ From New York Times bestseller **ELIN HILDERBRAND** comes **WINTER STREET**, a warm-hearted story set on the island of Nantucket, where a family has to rally together when mum Mitzi says she's leaving.

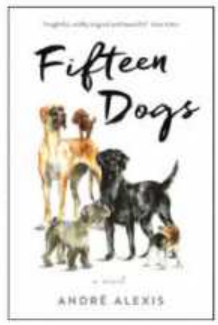
◆ Trailblazing journalist, activist and feminist **GLORIA STEINEM** looks back on her remarkable career in **MY LIFE ON THE ROAD**.

◆ His razor-sharp wit was obvious in his book What A Carve Up, about the Thatcher Government. Now **JONATHAN COE** rips into modern celebrity culture and the decadent lives of the super-rich in his latest satire, **NUMBER 11**.

ONES TO WATCH



◆ Best-known as the creator of the Cold Feet TV series, **MIKE BULLEN** has now written his first novel. Like the show, **TRUST** is spot-on about the highs and lows of mid-life marriage.



◆ **FIFTEEN DOGS** is a quirky read from Canadian novelist **ANDRÉ ALEXIS**. Narrated by a gang of mutts given human consciousness who must decide if they want freedom or to return to their owners, it's thought provoking and moving. A canine version of Lord Of The Flies.

BRILLIANT BITE-SIZED READS

If the Christmas rush means no time for reading novels, dip into one of these story collections.

◆ The linked stories in **A SNOW GARDEN** by **RACHEL JOYCE** are full of bittersweet Christmas moments. A real gem.

◆ Baileys Prize winner **ALI SMITH** returns with **PUBLIC LIBRARY AND OTHER STORIES**. Many of the pieces in this inventive collection are inspired by books and look at how we're shaped by what we read.

◆ A collection of old black and white photos given to **ALEXANDER MCCALL SMITH** by a friend inspired the 15 tales of love won, lived and lost in **CHANCE DEVELOPMENTS**. □



COMPILED BY JOANNE FINNEY. PORTRAIT OF WENDY: GETTY. ADDITIONAL PHOTOGRAPHY: STUDIO 33. FOR MORE INFORMATION ABOUT THE FOLKESTONE BOOK FESTIVAL VISIT FOLKESTONEBOOKFEST.COM



HAND-PAINTED MUG
£5, John Lewis (johnlewis.com)



RETRO SPIRAL A5 NOTEBOOK
£4.99, Truffle Shuffle (truffleshuffle.co.uk)

WIND-UP TOY
£1.95, Dotcomgiftshop (dotcomgiftshop.com)



KEYRING
£5, Marks & Spencer (marksandspencer.com)

UNDER £5



BEESWAX LIP BALM
£3.70, Marks & Spencer (marksandspencer.com)

TEA TOWEL
£2.99, H&M Home (hm.com)

Santa's Ultimate GH GIFT GUIDE

Team GH has found this year's best gifts, from stocking fillers to ultimate luxury. Strictly between us, who's our Secret Santa?



SHORTBREAD SELECTION
£3.49, Lakeland (lakeland.co.uk)



FROZEN SECRET DIARY
£1, Poundland (poundland.co.uk)

LITTLE MISS PRINCESS TRAVEL MUG
£4.99, Truffle Shuffle (truffleshuffle.co.uk)





BAH HUMBUG! TIN WITH MINT HUMBUGS
£3.99, Dogs Trust (dogstrustgifts.com)



TRIPLE STAR TEALIGHT HOLDER
£5, Tesco (tesco.com)



PHOTO FRAME AND TRINKET BOX
£1, Poundland (poundland.co.uk)

*PRICES CORRECT AT TIME OF GOING TO PRESS

FIFI LAPIN LIP ME UP GIFT SET
£6, Boots (boots.com)



SLIPPERS
£9.99, S/M and L/XL, H&M (hm.com)



T-SHIRT
£7, 12-18m to 7-8yrs, BHS (bhs.co.uk)



£5-£10



SPARKLE PURSE
£8, Accessorize (ukaccessorize.com)







SPICED CRANBERRY CANDLE
£6, Marks & Spencer (marksandspencer.com)



LEGO STAR WARS DARTH VADER KEYLIGHT
£6.99, Tesco (tesco.com)



IMPOSSIBLE JIGSAW PUZZLE
£8.99, Dogs Trust (dogstrustgifts.com)

SHAUN THE SHEEP BEANY TOYS
£8.99 each, Waitrose (waitrose.com)

Who's our Secret Santa?



BEAR HUG CUSHION
£7, George Home (direct.asda.com)



PITCH PERFECT 2 DVD
£9.99*, Amazon (amazon.co.uk)



RUDOLPH BAUBLE WITH RED VELVET TRUFFLES
£7.25, Prestat (prestat.co.uk)



Clue no. 1 Can't guess, won't guess... But who can it be?

£5-£10



CANTERBURY LINEOUT CHANGING ROOM ESSENTIALS SET
£8, Marks & Spencer (marksandspencer.co.uk)



BUTTERFLY TIN PLATE
£6.95, Sarah Raven (sarahraven.com)



WATERCOLOUR SQUIRREL CUSHION
£8, George Home (direct.asda.com)



A SPOOL OF BLUE THREAD BY ANNE TYLER
£6.95*, Hive (hive.co.uk)



SMALL WHITE FESTIVE WREATH
£7, Hotel Chocolat (hotelchocolat.com)



MADELEINE FLOYD MUG
£9, Mclaggan Smith (msmugs.com)



GOOD HOUSEKEEPING 2LB LOAF TIN
£6.50, Sainsbury's (sainsburys.co.uk)



FLOWER PRESS
£9.95, Wild & Wolf (wildandwolf.com)



RIDLEY'S GLOW STARS
£6.95, Selfridges (selfridges.com)



CHRISTMAS TEA BAGS
£6.95, Highgrove (highgroveshop.com)

*PRICES CORRECT AT TIME OF GOING TO PRESS



TED BAKER MINI PEN SET
£16.95, Wild & Wolf (wildandwolf.com)



ELFIE SLEEP SUIT
£12, 0-12m, Debenhams (debenhams.com)



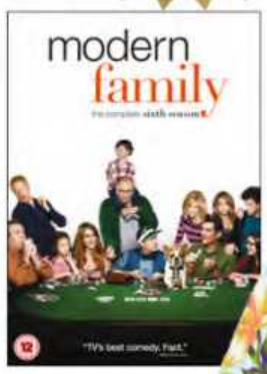


CLEMENTINE AND CLOVE CANDLE
£19.95, Highgrove (highgroveshop.com)



BRACELET
£12, Matthew Williamson at Debenhams (debenhams.com)

£10-£20



MODERN FAMILY SEASON 6 DVD
£19.99*, Amazon (amazon.co.uk)



REVERSIBLE JACKET
£18, 3-13yrs, Monsoon (uk.monsoon.co.uk)

PURE LIGHT PET SHAMPOO
£12.50, Notonthehighstreet (notonthehighstreet.com)



LET'S DANCE POUCH
£18, Rockett St George (rockettstgeorge.co.uk)

Expert choice



LITTLE LEAVES TRAVEL SEWING KIT
£16, Cath Kidston (cathkidston.com)

TOOL THE BOOKWORM DANDELION BOOKMARK
£12, Tom Dixon (tomdixon.net)



TORCH
£14.95, Wild & Wolf (wildandwolf.com)



Clue no. 2
Our Santa likes to salsa!



RUCKSACK
£14, Marks & Spencer (marksandspencer.com)



BRACELET
£12, Betty Jackson at Debenhams (debenhams.com)



CONNOISSEUR COLLECTION
£17.99, Green & Black's (greenandblacks.co.uk)



ORLA KIELY GERANIUM WASH BAG MINI GIFT SET
£15, House of Fraser (houseoffraser.co.uk)



NIGHT DRESS
£20, 8-20, Jasper Conran at Debenhams (debenhams.com)



MUG
£12.99 a pair, H&M Home (hm.com)



SNOOPY TIN
£10.99, Truffle Shuffle (truffleshuffle.co.uk)



GOOD HOUSEKEEPING CHOPPING BOARD
£20, Sainsbury's (sainsburys.co.uk)



FROM VENICE TO INSTANBUL BY RICK STEIN
£17.65*, Hive (hive.co.uk)



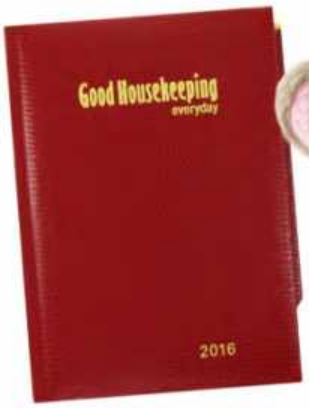
SLIPPERS
£18.50, 3-8, Lounge and Sleep at Debenhams (debenhams.com)





RIDLEY'S ATOMIC SPACE BOUNCER
£17.95, Bloomsbury (bloomsburystore.com)

*PRICES CORRECT AT TIME OF GOING TO PRESS



GOOD HOUSEKEEPING DESK DIARY 2016
£10.99 (slim diary, £8.99), Letts (letts.co.uk)



BAG
£20, Boden (boden.co.uk)



ROGER & GALLET BOIS D'ORANGE SOAP COFFRET
£13.50, Marks & Spencer (marksandspencer.com)

£10-£20

Expert choice



STAR WARS DEATH STAR MOOD LIGHT
£19.99, Argos (argos.co.uk)



ROBERTO CAVALLI LIMITED EDITION DISARONNO
£15, widely available





BOOT KEYRING
£20, Ugg (uggaustralia.co.uk)





INSIDE OUT JOURNAL
£12.95, Disney (disneystore.co.uk)



LAB SCIENTIFIC FLASKS
£15.96 for a set of three, Lakeland (lakeland.co.uk)



ROALD DAHL ART SET
£14.99, Truffle Shuffle (truffleshuffle.co.uk)



HIMALAYAN SALT PESTLE AND MORTAR
£18, Notonthehighstreet (notonthehighstreet.com)



PAJAMAS
£13, 8-22, BHS (bhs.co.uk)

Tried & Tested WINNER 84/100



BOBBI BROWN NO SMUDGE MASCARA
£19.50, Boots (boots.com)



BATTLE THE DARK SIDE

FOR UP TO

15 HOURS LONGER*

Hasbro

STAR WARS
THE FORCE AWAKENS

ONLY IN CINEMAS

*Based on Alkaline Duracell Ultra Power AA vs leading Zinc batteries in Hasbro Lightsaber performance testing. © & TM 2015 Lucasfilm Ltd. © 2015 Hasbro. All Rights Reserved. Used under authorisation.

*PRICES CORRECT AT TIME OF GOING TO PRESS

DINOSAUR TODDLER TOWEL
£34.99, Cuddledry (cuddledry.com)





SIMPLY NIGELLA BY NIGELLA LAWSON
£20.25*, Hive (hive.co.uk)



CHEESE KNIVES
£22 for four, Linea at House of Fraser (houseoffraser.co.uk)

£20-£35



BURBERRY KISSES LIPSTICK
in Military Red, £25, Burberry (uk.burberry.com)



STAR WARS BLUETOOTH SPEAKER
£35, Debenhams (debenhams.com)



CHRISTMAS ORNAMENT
£24, Jo Malone (jomalone.co.uk)





THE SECRET WAR BY MAX HASTINGS
£20.25*, Hive (hive.co.uk)



MULLED WINE AND POINSETTIA HAMPER
£35, Marks & Spencer (marksandspencer.com)



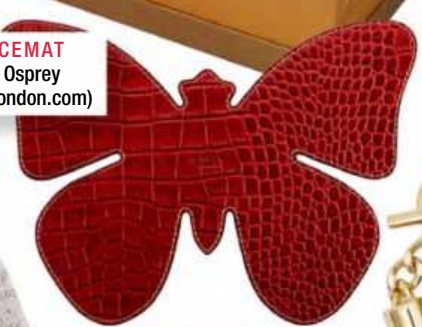
COFFEE TO GO MUG
£24.90, Villeroy & Boch (villeroy-boch.co.uk)



CAMI AND SHORTS
£25 the set, 8-18, The Collection at Debenhams (debenhams.com)



CARDIGAN
£22, 12m-5yrs, RJR.John Rocha at Debenhams (debenhams.com)



PLACEMAT
£21, Osprey (ospreylondon.com)



FRITH BRACELET
£25, Reiss (reiss.com)



MONTY DOG BOWL
£35, Poppy & Rufus (poppyandrufus.co.uk)

DARLING, IT'S THE THOUGHT THAT COUNTS

I'm thinking ghd - the platinum one





If leaving Christmas in their hands will only end in tears, point them to something you really want – like the ghd platinum® styler. Available as part of the ghd arctic gold range, in the finest salons, premium retail stores and ghdhair.com. **#hintghd**

ghd

good hair day, every day

Expert choice



NOPI: THE COOKBOOK BY YOTAM OTTOLENGHI
£20.05*, Hive (hive.co.uk)

NECKLACE
£25, Betty Jackson at Debenhams (debenhams.com)



BOX OF MACARONS
£32.20, Ladurée (laduree.com)

£20-£35



MATTHEW WILLIAMSON CUSHION
£35, Debenhams (debenhams.com)



SAFFIANO POCKET ORGANISER
£30, Filofax (filofax.co.uk)

JOHN ROCHA DIFFUSER
£22, Debenhams (debenhams.com)





SCARF
£25, Marks & Spencer (marksandspencer.com)

JAMES BOND 007 SEVEN EDT
£21.95, Debenhams (debenhams.com)



WHOLE LOTTA CHUBBY LIP PENCIL SET
£25, Clinique (clinique.co.uk)



PURSE
£32, Radley (radley.co.uk)



APPLIQUÉ DRESS
from £30, 1½-12 years, Boden (boden.co.uk)



LYON PRINT TRINKET TRAY
£25, Nina Campbell (shop.ninacampbell.com)



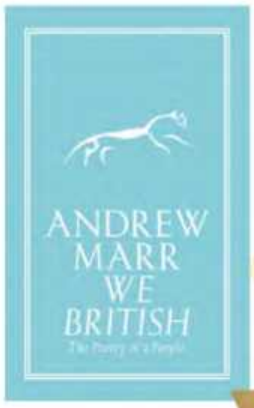
Clue no. 3 This year's sleigh will have a glitter ball or two...

*PRICES CORRECT AT TIME OF GOING TO PRESS

£20-£35

GOLD-PLATED ELSA NECKLACE
£29, Disney Couture (disneycouture.co.uk)





WE BRITISH: THE POETRY OF A PEOPLE BY ANDREW MARR
£20.25*, Hive (hive.co.uk)



WALLET
£35, Fiorelli (fiorelli.com)

E.COUDRAY GIVRINE BATH MOUSSE
£29, Roullier White (roullierwhite.com)





DECORATIVE RECYCLED GLASS BOTTLES
£27 for two, Very (very.co.uk)

ST TROPEZ ULTIMATE PARTY KIT
£25, Boots (boots.com)



V&A WATERING CAN
£34.95, Wild & Wolf (wildandwolf.com)





MATTHEW WILLIAMSON TEA FOR ONE
£22, Debenhams (debenhams.com)

NOVELTY HAT & MITTENS
from £22, 3-12 years, Boden (boden.co.uk)



LIBERTY DOLL
£29.95, Mamas & Papas (mamasandpapas.com)





FROZEN FEVER ANNA AND ELSA DOLLS
£25.95 the pair, Disney (disneystore.co.uk)



FAMILJEN BY SANDRA ISAKSSON CHEESE BOARD
£25, Unique & Unity (uniqueandunity.co.uk)



SECRET DIARY GIFT CASE
£21, The Oak Room (oakroomshop.co.uk)



HAND CREAM GIFT SET
£25, Molton Brown (moltonbrown.co.uk)

HANDKERCHIEFS
£22 for a set of three, Barbour at House of Fraser (houseoffraser.co.uk)



ZIP TOP POUCH
£25, Boden (boden.co.uk)

*PRICES CORRECT AT TIME OF GOING TO PRESS

★ ★ ★

SALLY ALLEN
LONDON



The ULTIMATE fashion Jeans

Black jeans are the most complimentary in a womans wardrobe... whether they're skinny, straight, boot-cut, or flared... you can dress them up or down from dusk to dawn... and by pairing them with a white ruffle shirt, you're bound to look fabulous!

And brighten up your outfit with a little bit of sparkle, too!

There are over 50 styles of jeans to choose from, as well as other wardrobe essentials, so check us out.... **and as an added bonus we are offering this combo of Gina Jet Black Diamante Jeans and White Florence Ruffle Shirt for the special price of £195** (normally £265). **Just add both to your basket and the discount will be applied**. But be quick because this offer ends on 31st December 2015.

TO ORDER VISIT wizardjeans.com

OR CALL 07768 816420

WIZARD JEANS
BY SALLY ALLEN

FREE DELIVERY to all UK addresses

Lucy didn't want a
single thing for Christmas
(She wanted a Spiralizer,
Perfect Porridge Mug,
Coffee Machine,
Champagne Truffles...)











Find everything you need (and everything you want)
this Christmas, in store and online at **lakeland.co.uk**

LAKELAND
online | mobile | in store

£35-£50



NIGHT DRESS
£38, 8-18, Ted Baker at Debenhams (debenhams.com)



SANDRA BLOW JUG
£40, Royal Academy Shop (shop.royalacademy.org.uk)



SHRUG
£40, No1 Jenny Packham at Debenhams (debenhams.com)



BIBA POCHETTE
£39, Biba at House of Fraser (houseoffraser.co.uk)



KEYRING
£45, Lulu Guinness (luluguinness.com)



PLATE
from £36, Rory Dobner (rorydobner.com)



HANNES TEDDY BEAR
£49.99, Steiff (steiff.com)



VIDDY DIY PINHOLE CAMERA
£49, Lomography (lomography.com)



JUMPER
£37.99, 0-3m to 2-3yrs, Ana Gibb at Notonthehighstreet (notonthehighstreet.com)

Expert choice

ROCKING HORSE
£40, George Home (direct.asda.com)

INDULGENT GIFT BOX FOOD AND WINE HAMPER
£40, Marks & Spencer (marksandspencer.com)

Confetteria
Raffaello



Sweet



Smooth



Nutty

A heart of almond wrapped in velvety filling, delicate wafer and sprinkled with light coconut flakes.

Try something deliciously different.



Gone



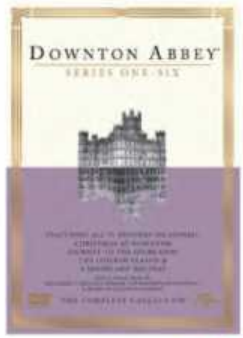
FERRERO

£35-£50

MATTHEW WILLIAMSON CAKE STAND
£40, Debenhams
(debenhams.com)



DOWNTON ABBEY SERIES ONE-SIX
£49.99*, Amazon
(amazon.co.uk)





PUNCH BOWL
£38, Next
(next.co.uk)





HOLIDAY DELICACIES GIFT BOX
£41 for 32 pieces,
La Maison Du Chocolat
(lamaisonduchocolat.co.uk)





BOSS THE SCENT EDT
£45, John Lewis
(johnlewis.com)

FAUX FUR DUO SCARF
£50, Helen Moore
(helenmoore.com)



BRA £38, 32DD-36D (shown with matching **PANTS** £24, S-L), both Heidi Klum at House of Fraser (houseoffraser.co.uk)



TUTU
£38, 2-8 years,
The Little White Company
(thelittlewhitecompany.com)



PARK AND GO GARAGE
£49.99, Hape Toys
(hapetoys.com/uk)

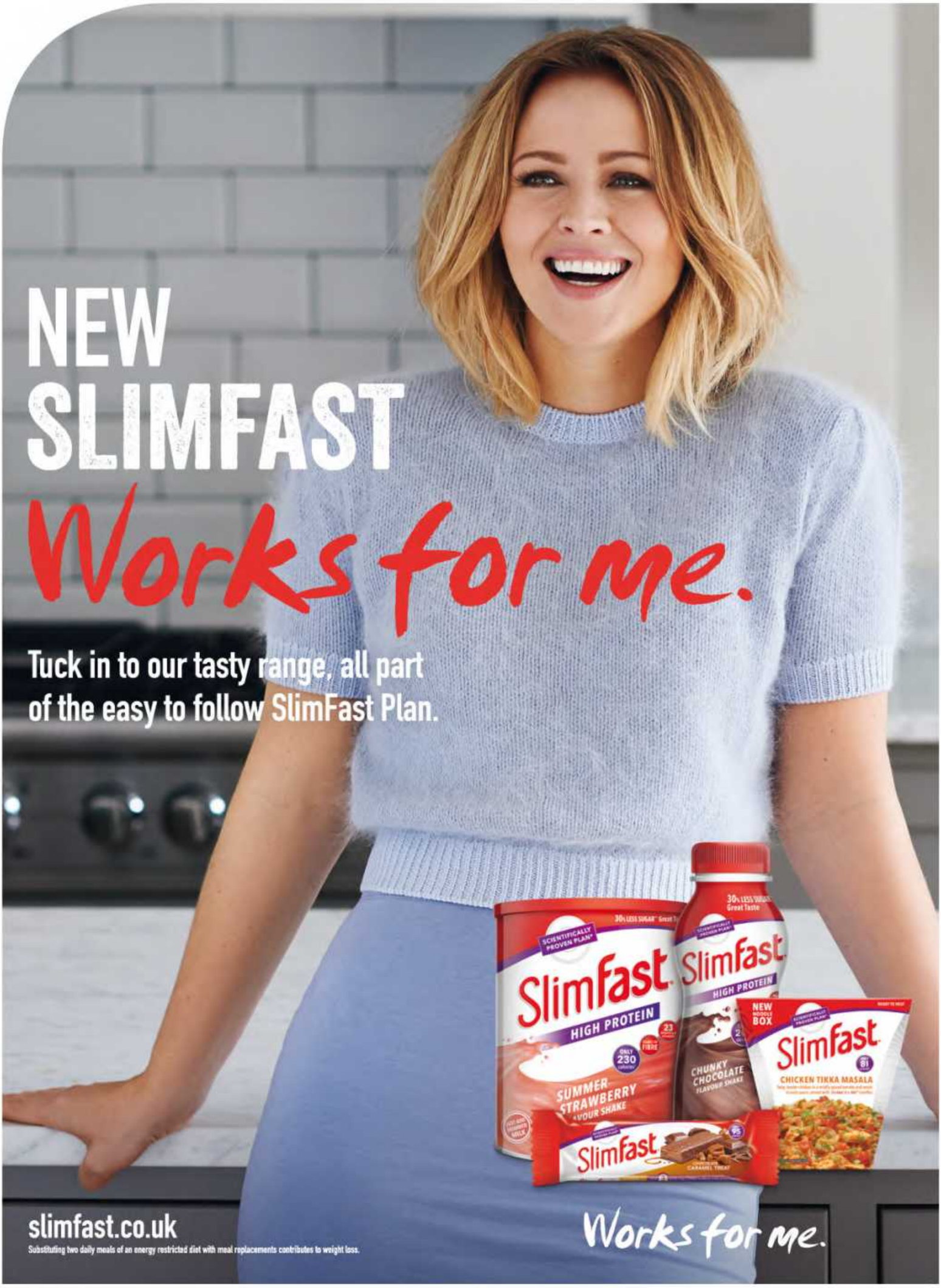


STARRY NIGHT CHOCOLATE ADVENT BOX
£39.99, Lakeland
(lakeland.co.uk)



LIKE A DREAM OVERNIGHT BEAUTY GIFT SET
£40, Origins (origins.com)

*PRICES CORRECT AT TIME OF GOING TO PRESS


NEW
SLIMFAST
Works for me.
Tuck in to our tasty range, all part of the easy to follow SlimFast Plan.
Slimfast
HIGH PROTEIN
SUMMER STRAWBERRY
Slimfast
HIGH PROTEIN
CHUNKY CHOCOLATE
Slimfast
CHICKEN TIKKA MASALA
Slimfast
slimfast.co.uk
Substituting two daily meals of an energy restricted diet with meal replacements contributes to weight loss.
Works for me.

NECKLACE
£98, Dower & Hall
(dowerandhall.com)

ACQUA DI PARMA MAGICAL MARIONETTES COLONIA GIFT SET
£85, Harrods
(harrods.com)



£50-£100



Expert choice

CLUTCH BAG
£75, Osprey London
(ospreylondon.com)



EARRINGS
£69, Swarovski
(swarovski.com)



SCARF
£65, Paul Smith
at House of Fraser
(houseoffraser.co.uk)



SET OF RINGS
£99, Swarovski
(swarovski.com)



GHI COOKERY SCHOOL COURSE
from £90, Good Housekeeping Institute
(goodhousekeeping.co.uk/institute)



SWEATER
£64.95, XXS-XXL,
Barbour (barbour.co.uk)



LONDON TRAIN SET
£55, National Gallery Company
(nationalgallery.org.uk)



WIGWAM
£85, Great Little Trading Company (gltc.co.uk)



MARC JACOBS DAISY GIFT SET
£78, Debenhams (debenhams.com)

HIBIKI WHISKY
£53.49, The Whisky Exchange
(thewhiskyexchange.com)



WHAT CATS EAT ISN'T ALWAYS WHAT CATS NEED



Cats need something healthy.
IAMS contains only the high quality nutrition they need to support a strong immune system and help maintain a shiny coat.

IAMS

I am more than just a cat I am an IAMS cat

Expert choice

£100-£300

SILK PYJAMAS
£139, XS-XL,
The White Company
(thewhitecompany.com)

SOLO 2 WIRELESS BEATS HEADPHONES
£269.95, Apple
(apple.com/uk)

NECKLACE
£119, Swarovski
(swarovski.com)

SLEEVELESS CARDIGAN
£175, 8-20,
Marc Cain
(marc-cain.com)

HANDBAG
£195, Michael Kors
at House of Fraser
(houseoffraser.co.uk)

BROGUES
£199, 7-11, John Lewis
(johnlewis.com)

TUBEAUDIO BLUETOOTH SPEAKER BY PIET HEIN
£129, Rockett St George
(rockettstgeorge.co.uk)

BRACELET
£125, Monica Vinader
(monicavinader.com)



Clue no. 4 Thanks, saucy Santa! It's Strictly star and king of the cook shows, Ainsley Harriott!

Tried & Tested WINNER 89/100

CULVER SADDLE LEATHER MESSENGER BRIEFCASE
£295, Osprey London (ospreylondon.com)

KINDLE PAPERWHITE
£109.99*, Amazon
(amazon.co.uk)

GIFTS COMPILED BY SANTA'S LITTLE HELPERS: CAROLYN BAILEY, GRACE ALLEN, NATHALIE BONNEY, GILLIAN DAVIES, JOANNE FINNEY, MADELINE BURKITT, NATASHA LAVENDER, SIMON COCKS, NINI KHATIBLOU, JO ATKINSON
*PRICES CORRECT AT TIME OF GOING TO PRESS.

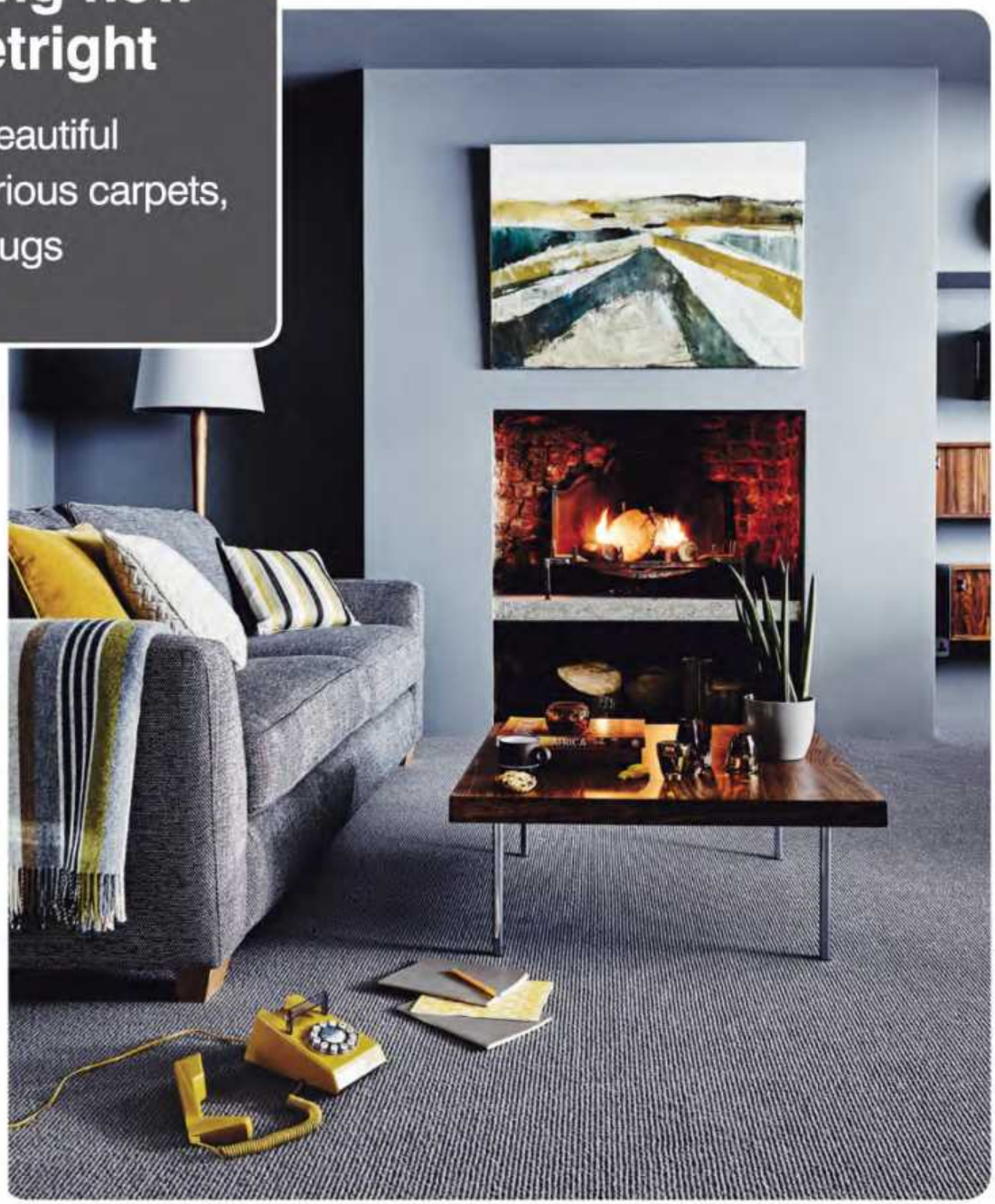
Discover something new at Carpetright

Our House Beautiful range of luxurious carpets, flooring and rugs









Be inspired by our stunning range of carpet, vinyl, laminate, wood and rugs. Discover subtle shades, sink your toes into soft natural wool or cosy up on warm wooden floors. All with our House Beautiful design know-how, only at Carpetright.

HouseBeautiful

the collection - only at Carpetright

Find your nearest House Beautiful stockist at **carpetright.co.uk** or call **0330 333 3444**, every day 8am-8pm

AINSLEY HARRIOTT

'Roast ham with cherries reminds me of my mum'

Strictly star Ainsley Harriott cherishes festive traditions with his family... and it wouldn't be Christmas without a nod to his West Indian heritage



'We love the excitement of wrapping the presents and hiding them,' says Ainsley

My ex-wife and I have been separated for three years, but still get together at Christmas with our grown-up son and daughter. It's a fabulous time and we all get excited about dressing the tree.

My daughter and I go shopping together. We go into town, have lunch and really make a day of it – or even two. We go to Oxford Street and Bond Street because the shops do it all so well. All those lovely lights really put you in the Christmas mood. We love the excitement of getting home, wrapping the presents and hiding them.

I get my turkey from the local butcher. Lots of people say they want something different for Christmas, but how many times a year do you eat roast turkey? I also love roast ham with mustard and brown sugar, studded with glacé cherries. It reminds me of my mum, who has been gone 22 years, but always used to make baked ham.

For me, Christmas food is all about preparation. Appearing in Strictly Come Dancing may affect my prep big time, but I can knock things out quickly if I have to. On Christmas morning, I like to retain that West Indian feeling with ackee and saltfish for breakfast. The ackee comes out of a shell and it's like having scrambled egg. I have it with fresh thyme, Indian green peppers, a little bit of spring onion and plenty of black pepper. We make cornmeal muffins, which are absolutely delicious with lashings of butter. After lunch a few friends pop round and, if the mood takes us, there will be music and a bit of dancing.

£100-£300



HAREWOOD LEATHER TOTE
£169, Knomo (knomobags.co.uk)



WATERFORD CRYSTAL DIAMOND VODKA SET
£300, House of Fraser (houseoffraser.co.uk)



LOMO'INSTANT HAVANA CAMERA
£129, Lomography (lomography.com)

INTERVIEW: JESSICA CALLAN. PORTRAITS OF AINSLEY: MARK HARRISON. GROOMING: JULIE READ AT CAROL HAYES. AINSLEY WEARS SHIRT AND BOW TIE, JOHN LEWIS. SUIT AND SHOES, HIS OWN



*28g (about 23 almonds).
© 2015 Almond Board of California. All rights reserved.

With 160 good calories in a handful*, there's no snacking worries at all.

ALMONDS. SNACKING GOOD.

california almonds®
Almonds.co.uk

Welcome *to the biggest Tried & Tested event of the year!*



Hold on to your shopping lists! For the most important food basket of the year, you need to be sure that what you buy doesn't disappoint. Every year Good Housekeeping eliminates the guesswork and samples the festive foods, drinks and treats you'll want to enjoy. For 2015 we've Tried & Tested 185 products to make sure only the best reach your table. Drum roll, please... and let the big GH reveal commence

How we test

The GHI's team of tasting experts plus a panel of typical consumers compare hundreds of Christmas foods. Each is tested blind in a controlled environment. Testers assess the product's appearance, aroma, flavour, texture and how they like it overall. The highest-scoring products are our winners!

Featuring Smoked salmon, Champagne, Prosecco, turkey, stuffing, cranberry sauce, Christmas pudding, brandy butter, Christmas cake, Stilton, mince pies, mulled wine and stollen.


new
Unilever
ULTRA CONCENTRATED
Incredibly Intense Freshness
Comfort intense
38 WASHES
Fuchsia Passion
ALL THE FRESHNESS YOU COULD WISH FOR
request your free sample at www.comfortintense.com

Start in style

SMOKED SALMON



JOINT WINNERS

Morrisons M Signature Oak Smoked Salmon with Black Pepper 80/100
Beautifully thin slices that melt in the mouth. Strong smoky aroma and a rich salty flavour with sprinkles of ground black pepper to add a bit of heat.
£5 for 120g

Morrisons Christmas Tree Smoked Salmon 80/100
Lovely natural pale-pink appearance and delicate texture. Deliciously salty flavour with a strong smoky aroma that isn't overpowering.
£3 for 100g

RUNNERS UP

Aldi Specially Selected Rowse Honey + Mora Seaweed Smoked Salmon 76/100
Full-bodied, peaty, earthy aroma with sweet, smoky notes. Great balance and combination of flavours to suit all tastes.
£2.49 for 100g

Waitrose Peat & Heather Scottish Smoked Salmon
75/100
Fresh, bright colour and thinly sliced so a little goes a long way. Strong, smoky aroma and flavour.
£6.49 for 140g

Burren Oak Smoked Salmon
74/100
Delicate, thin slices and light texture. Mild subtle smokiness makes it a good family choice. Retains its true salmon flavour – salty and fresh tasting.
£6.90 for 100g, burrensmokehouse.ie

16 BRANDS TESTED

ROMANCE AND ADVENTURE IN A GLASS



DISTILLED IN ENGLAND AND BLENDED
TO STRENGTH USING ICELANDIC SPRING WATER

ENGLAND · ICELAND

MARTIN MILLER'S GIN

THE SPIRIT OF ROMANCE AND ADVENTURE

Good Housekeeping Institute APPROVED 2015

drinkaware

MARTIN MILLER'S GIN HAS WON MORE GOLD AND PLATINUM MEDALS THAN ANY OTHER GIN IN THE LAST 10 YEARS AT THE 4 MOST RESPECTED COMPETITIONS; THE WORLD SPIRITS COMPETITION, SAN FRANCISCO WORLD SPIRITS COMPETITION, ISC AND IWSC

Raise a glass of festive fizz!



12 green bottles: our fizz line-up

PROSECCO

OVERALL WINNER

Waitrose San Leo Brut Prosecco 77/100
This well-rounded fizz is light and fresh, making it very easy drinking.
£10.49 for 75cl

RUNNERS UP

Marks & Spencer Prosecco 74/100
A lively, crisp, dry Prosecco with lovely green apple flavours and a hint of citrus.
£9.99 for 75cl

Aldi Valdobbiadene Prosecco Spumante DOCG 72/100
Packed with complex flavours and peach and apple notes. Dry, well balanced and smooth.
£7.49 for 75cl

Fortnum's Prosecco Valdobbiadene N.V, Zucchetto 68/100
Fine bubbles, creamy texture with a shot of citrus-sherbet flavours. Our Wine Expert's choice.
£14.90 for 75cl, fortnumandmason.com

Sainsbury's Taste the Difference Conegliano Prosecco 67/100
Fresh, fruity flavour with a touch of apple and pear – but lacking depth.
£7.50 for 75cl

CHAMPAGNE

OVERALL WINNER

Aldi Veuve Monsigny Champagne Brut by Philizot 79/100
A pale Champagne with fine bubbles and a lovely light flavour. Sharp and acidic, with delicious notes of apple, green fruit and a subtle edge of elderflower. A real bargain.
£9.97 for 75cl

RUNNERS UP

Faubert Brut Champagne 75/100
Full-bodied and bright, with flowery notes and a buttery, brioche-like aroma.
£19.99 for 75cl, ocado.com

Waitrose Blanc de Noirs Brut NV 72/100
Full flavoured, lemony and sharp but thirst quenching. Well balanced and perfect with smoked salmon or goat's cheese canapés.
£21.99 for 75cl

Asda Extra Special Premier Cru Champagne Brut 70/100
Slightly gold in colour, with a mild, fruity aroma. Sharp and acidic, but refreshing.
£19.75 for 75cl

Morrisons M Signature Champagne Brut 68/100
Light, fine bubbles with a sweet aroma. Sharp and fruity, with a long-lasting flavour.
£18.99 for 75cl

GH TIP

'Champagne should be chilled to 8°C. Serve in a flute-shaped glass, so there's less surface area for the bubbles to escape.'

Richard Ehrlich
GH Wine Consultant



Design inspired by coffee





Serving suggestion

Inspired by a single drop of delicious coffee, Drop's sleek and seamless form comes with breakthrough touchscreen technology for a uniquely intuitive experience. Simply pop in a capsule to create frothy Latte Macchiatos, delicious Cappuccinos and smooth Americanos and, with over 30 state-of-the-art beverages in our range, there is plenty more to explore.

Discover the Modern Art of Coffee by NESCAFÉ® Dolce Gusto®
www.dolce-gusto.co.uk

NESCAFÉ. Dolce Gusto.

COFFEE IS NOT JUST BLACK

King of roasts


Turkey on test: our tasters at work

16 BRANDS TESTED

TURKEY

OVERALL WINNER

Tesco Bronze Turkey 82/100
Rich and full-flavoured, moist and juicy, with a crisp, golden skin. Lovely plump breast and tasty thigh meat.
£20 for 3.6-5kg

RUNNERS UP

Marks & Spencer Butter Basted Turkey 81/100
Perfectly wrapped in crisp streaky bacon and topped with cracked black pepper – which cuts down on preparation time. Well-seasoned and flavoursome. Perfect for a smaller gathering.
£11 per kg, 1.4-2kg

Morrisons Extra Large M Signature Bronze Turkey 74/100
Lovely moist dark meat with a delicious robust flavour. But our testers found the white breast meat slightly dry due to the bird's large size.
£30 for 4.7-5.8kg

Daylesford Organic from Ocado 74/100
Full-flavoured, with a golden, crisp skin. Moist and juicy, large and plump – makes an impressive centrepiece.
£14.99 per kg

Lidl Braemoor Small British Self-Basting Turkey with Giblets 71/100
Lovely shape and golden colour. Tender meat that melts in the mouth and has a lovely buttery flavour. Good value.
£8.99 for 2.8-4kg

GHI TIP

How many kilos?
As a rough guide:

- Small (4kg) for 6-8 people
- Medium (5-6kg) for 10-12 people
- Large (8kg) for 12-16 people



What caught your eye first, the kitchen or the price?



Affordable luxury.

55 SHOWROOMS NATIONWIDE

visit wrenkitchens.com

* Priced kitchen is for units only and does not include the price of any handles, worktops, appliances, sink, tap, props, accessories or small worktop appliances. Must be purchased in the exact configuration as offered by Wren. No substitutions or alterations can be made. One per customer.

wren KITCHENS



STUFFING

OVERALL WINNER

Tesco Finest Venison And Pork Mulled Wine Stuffing Portions Wrapped In Bacon 69/100

Lovely and moist, with a delicious kick of orange. Venison provides an unusual, rich flavour, while crispy bacon adds a contrast in texture.

£3 for 300g

RUNNERS UP

Aldi Specially Selected Cranberry And Apple Stuffing Portions 68/100

Moist, with a sweet, fruity flavour thanks to the large apple pieces, well balanced by salty bacon and a sticky glaze.

£2.29 for 300g

The Co-operative Truly Irresistible Sage and Shallot Stuffing Slab with Jewelled Fruit and Chestnuts 68/100

Herby, well seasoned and juicy. Appetising glazed fruit topping.

£5 for 610g

Aldi Specially Selected Leek And Bacon Stuffing Portions 65/100

Densely textured stuffing with a strong pork flavour. Neat parcels wrapped in crispy bacon.

£2.29 for 300g

Morrisons M Signature 12 Mini Pork Stuffing Plum Puddings 61/100

Lovely presentation, but flavour is bland and the texture rather chewy.

£2.97 for 12

CRANBERRY SAUCE



OVERALL WINNER

Morrisons M Fresh Cranberry Sauce 70/100

Well balanced, with just the right harmony of sweet and sharp. A chunky, spoon-able sauce with plenty of whole cranberries and a touch of citrus.

£1.48 for 300g

RUNNERS UP

Tesco Cranberry Sauce 69/100

This budget buy is one for the whole family. It's fresh tasting, with a good, tart flavour, and packed with glossy, jewel-like fruit.

75p for 200g

Rosebud Preserves Cranberry and Orange Relish with Port 69/100

Lovely texture, with a good balance between sauce and juicy fruit. Not too sweet but well flavoured with orange and port – definitely adults only.

£3.30 for 227g, rosebudpreserves.co.uk

Harrods Cranberry Sauce 69/100

Rich, vibrant colour with lots of juice and whole fruits. It has a very traditional flavour with a good amount of sweetness and is delicately spiced.

£5.25 for 320g

Heston from Waitrose Cranberry and Pomegranate Sauce 68/100

An exotically aromatic and heavily spiced sauce with a rich, deep red colour. The unusual mulled wine flavour may not be to everyone's taste.

£2.49 for 200g

GH TIP

Why not add leftover cranberry sauce to your Christmas cheese board – it also works well as a festive chutney!


STILL GOT IT!
PERFECT!
NEW
SEVEN SEAS
30 DAY DUO PACK
Perfect 7
Woman
New
Natural Source MARINE OIL
SEVEN SEAS
Perfect 7 PRIME
Natural Source MARINE OIL
30 CAPSULES ONE-A-DAY
AT SEVEN SEAS WE BELIEVE: AGE, IT'S JUST A NUMBER.
SEVEN SEAS
SINCE 1935
order & collect
new product
Perfect7 Prime only at Boots
Order by 8pm and collect for free tomorrow from midday.
Boots
let's feel good
See boots.com/ordertodaycollecttomorrow for full terms and conditions about the order & collect service.
Monday – Saturday, geographical exclusions apply.

Leave room for a spoonful

CHRISTMAS PUDDING

21 PUDS TESTED





OVERALL WINNER

Sainsbury's Taste The Difference 18 Month Matured 78/100
Rich, spicy and indulgent, with a good variety of plump, juicy fruit and crunchy nuts. The warm boozy kick provides the perfect end to a scrumptious meal.
£8 for 907g

RUNNERS UP

Aldi Specially Selected Golden Topped 77/100
Sweet and sticky with an unusual glittery gold finish. Moist and rich, with a traditional pudding flavour and a lovely boozy hit.
£9.99 for 907g

The Co-operative Truly Irresistible 75/100
Classic flavour, with generous amounts of well-spiced plump fruit and crunchy nuts, giving a great mix of textures. Lovely and moist.
£3 for 454g

Marks & Spencer Collection Caramelised Orange, Fig & Hazelnut 74/100
Wonderfully dark and fruity, with a slightly chewy texture and a strong Christmassy aroma. Unusual figgy flavour with a hint of citrus.
£14 for 907g

Harrods Victoria Plum Pudding with Hidden Centre in Ceramic Bowl 73/100
Dense and syrupy, with a distinctive gingery aroma. There's plenty of fruit and crunchy nuts and a moreishly gooey centre. Contains plum brandy.
£29.95 for 605g

GH TIP

For a traditional flaming pudding, warm the brandy slightly before pouring over the pud so it ignites when you put a flame to it.

Pure indulgence



BRANDY BUTTER

10 BRANDS TESTED

JOINT WINNERS

Tesco Courvoisier Brandy Butter 74/100
Our winner has a lovely golden colour and a great kick of booze. The texture is meltingly smooth.
£2.49 for 150g

The Co-operative Courvoisier Brandy Butter 74/100
This creamy butter is sweet and not too strongly flavoured with brandy, making it a good choice for the whole family.
£1.85 for 200g

RUNNERS UP

Morrisons M Signature Brandy Butter 72/100
A luxurious brandy butter with a pale yellow colour and a rich but delicate flavour.
£2.50 for 200g

Waitrose Christmas Brandy Butter 72/100
Thick sauce with a good amount of sweetness and a warm hit of booze.
£1.99 for 200g

Aldi Brandy Butter with Courvoisier and Cognac 68/100
A smooth and rather bland butter with an unappealing bright yellow colour.
£1.25 for 200g


pinkladyapples.co.uk
Don't let a
BAD
APPLE
ruin your
Snackisfaction®
Picked Perfect for
Sweet Snackisfaction®
Our research showed nothing tested was more satisfying than Pink Lady® apples - even crisps and chocolate!
Leatherhead Food Research tested the emotional response of 115 consumers. For more details visit pinkladyapples.co.uk
Pink Lady®
Proven

Bursting with flavour


Ice work: cakes ready to sample

CHRISTMAS CAKE

JOINT WINNERS

Meg Rivers 'All Over' Iced Cake
74/100
This cake has a very plain appearance with just a simple gold bow, making it ideal for home decorating. It comes in an attractive presentation tin. Mild tasting, with a generous covering of marzipan and icing: a real crowd pleaser in terms of flavour.
£40 for 1.9kg

Sainsbury's Golden Bow Celebration Cake
74/100
Eye-catching design is a real showstopper. We especially loved the stunning deep gold finish. Crammed full of juicy, rich fruits and whole cherries, with a good slug of booze.
£18 for 1.9kg

RUNNERS UP

Aldi Specially Selected Exquisite Christmas Cake
71/100
Subtle, mellow flavoured cake with a lovely boozy hit and moist crumb. This deep cake is elegantly decorated with a traditional Christmas tree design. The icing and marzipan layers are just the right thickness.
£9.99 for 1.5g

Marks & Spencer Hand Decorated Falling Star Christmas Cake
71/100
The icing and marzipan layers are deliciously moist and complement the cake perfectly. The cake itself is on the dry side but delicately spiced and rich with fruit.
£20 for 1.46kg

Aldi Specially Selected Luxury All Over Iced Christmas Cake
70/100
Rich, fruity flavour with a moist crumb. Cute design but quite shallow, so it might not last the festivities – although it's ideal for small families.
£6.49 for 1kg

15 TESTED, 300 SLICES EATEN!




Wickes
Let's do it right
Wickes kitchens
28 stunning styles. 1 amazing room.
Designed to fit perfectly around you.
The kitchen has changed. Is it time to change yours?
Quality features
Range of 28 kitchens
wickes.co.uk
220 showrooms

Pass the cheese board

STILTON

11 BRANDS TESTED



OVERALL WINNER

Morrisons M Signature Mature Blue Stilton 78/100

Lovely marbled cheese with plenty of blue. Rich, creamy texture with a strong, punchy flavour – the perfect match for a full-bodied port.

£3 for 300g

RUNNERS UP

Lidl Valley Spire Mature Blue Stilton 76/100

Beautifully crumbly, with a complex, salty flavour. A wonderful blend of nutty, sweet and salt. Very moreish.

£1.45 for 200g

Sainsbury's Taste The Difference Tuxford and Tebbutt Extra Mature Stilton 75/100

An earthy, ripe flavour with a pungent aroma. Slightly too moist for some, but the flavour packs a punch.

£4 for 454g

The Co-operative Loved By Us Stilton 72/100

Pale appearance with a delicate creamy texture. A mild tang but with plenty of blue flavour that goes well with fruit.

£3 for 500g

Duchy Organic from Waitrose Cropwell Bishop Blue Stilton 71/100

Pale yellow with only a little blue. Incredibly rich and creamy texture, with a mellow tangy flavour.

£1.99 for 200g

GHI TIP

For maximum flavour, allow at least two hours for the Stilton to reach room temperature



Say cheese! Finding our star Stilton

Sugar and spice

MINCE PIES

22 BRANDS TESTED, 240 PIES EATEN!



OVERALL WINNER

Marks & Spencer Christmas Star Mince Pies 79/100

Traditional mince pies with a home-made feel. Soft, crumbly pastry that melts in the mouth and is generously filled with plump, juicy fruit.

£2.50 for four

RUNNERS UP

Greggs Mince Pies 77/100

Good ratio of crisp pastry to sweet, fruity filling. Finished with a generous dusting of icing sugar. They're sold individually, so you can buy as many as you want!

45p each

Aldi Mince Pies 77/100

Strong almond aroma with a hint of marzipan dotted throughout the mincemeat. Home-made finish with a short, crisp pastry.

£2.99 for six

Bettys Classic Mince Pies 77/100

Traditional star design with an appealing home-made quality. Rich, fruity filling with a crisp, flaky crust.

£10 for 12

Bettys Speciality Mince Pies 76/100

An exciting new twist on an old favourite. Mince pies are topped with an indulgent mix of frangipane and ricciarelli. Beautifully presented and full of almond flavours.

£12.50 for 12

GHI TIP

Add an extra dollop of indulgence: heat your mince pie, lift the lid and pop in a spoonful of brandy butter.

What will your Winter Scentsation be?

The crisp, Frosty aroma of



a cool, fresh fragrance combining **mint** and **sweet vanilla** with a touch of **seasonal spices**

Or

The warm, Spicy scent of



a seasonal fragrance combining **warming cinnamon, cloves** and **vanilla**

30p OFF

Any Zoflora Antibacterial Disinfectant 120ml or 250ml

9 920310 300304 >

TO THE CUSTOMER: Redeemable at Tesco, Asda, Sainsbury's & Morrisons. This coupon can be used as part payment for the product shown. Only one coupon can be used against each item purchased. Please do not attempt to redeem the coupon against any other product as refusal to accept may cause embarrassment and delay at the checkout. TO THE RETAILER: Zoflora will redeem the coupon at the face value provided ONLY if it has been taken as part payment for Zoflora Concentrated Disinfectant 120ml or 250ml. Zoflora reserve the right to refuse any unidentified coupons. **VALID UNTIL 30/12/15.**



For a hygienic, fragrant home:

☑ Floors ☑ Baths ☑ Tiles ☑ Taps
☑ Worktops ☑ Drains ☑ Dishcloths
☑ Toilets ☑ Potties ☑ Hard surface pet areas

zoflora.co.uk

Use disinfectants safely. Always read the label and product information before use. Do not allow pets to lick or walk on wet, treated surfaces. Keep off until dry.

Winter warmer

MULLED WINE

7 BRANDS TESTED



OVERALL WINNER

Aldi Gluhwein 80/100
Great combination of sweetness, fruit and spice gives a lovely warming drink. Tantalising spiced orange aroma.
£4.99 for 1 litre

RUNNERS UP

Marks & Spencer Red Mulled Wine 74/100
Sweet and delicately spiced, with lovely fresh citrus notes. Slightly astringent and drying in the mouth.
£6 for 75cl

Sainsbury's Taste the Difference Mulled Wine 72/100
Full-bodied, with a rich, fruity and spicy aroma. Tasted sweet, with all the typical flavours of Christmas, such as cinnamon and nutmeg. Alcohol by volume is 11%.
£6 for 75cl

Tesco Mulled Wine 70/100
Slightly thin, making it quite a light drink. Strong aroma of cloves but a pleasant taste, although it lacks traditional spice and berry flavours.
£3.99 for 75cl

Lidl Christkindl 67/100
Robust and smooth tasting with delicate spice flavours, but lacks fruitiness. Our testers found it left a slightly vinegary aftertaste.
£4.49 for 1 litre

GHI TIP

Add a drizzle of spiced rum, ginger wine and cherry or apricot brandy to your pan of mulled wine.

Treat your guests

STOLLEN

12 BRANDS TESTED

GHI TIP

Try stollen sliced and toasted (no butter needed) – it's our new guilty secret!

OVERALL WINNER

Bettys Christmas Stollen 77/100
A lovely rich stollen packed with a generous amount of fruit and soft marzipan. The dough is surprisingly light and airy, with lots of flavour. Moreish!
£9.95 for 380g

RUNNERS UP

Bettys Stollen Bites 72/100
These bite-sized treats are laced with layers of sweet marzipan and plenty of fruit. Our testers loved the melt-in-the-mouth texture.
£10.95 for 330g

Lidl Favorina Mini Butter Stollen 71/100
A soft and buttery dough with a strong almond flavour. The dried fruit is studded throughout so every bite is full of flavour.
£1.99 for 250g

Tesco Stollen Loaf 68/100
A delicious combination of glacé cherries and almonds. Although the flaked nut topping isn't traditional, it adds an unusual attractive twist.
£7 for 630g

The Co-operative Loved by Us Stollen Bites 68/100
These little bites are the perfect mouthful. Testers liked their soft and squidgy texture and nutty flavour.
£2 for 153g

WORDS AND TESTING: HELEN WAINWRIGHT. PHOTOGRAPHY: GETTY, ALAMY, GARETH MORGANS/ HEARST MAGAZINES UK, STEVE BAXTER/HEARST MAGAZINES UK


CAN'T LIVE
WITHOUT
THEM!
Wendy Gordon, London, UK
MICROWOBBLEBOARD™
COMFORT
There may be no pair of boots better than our supercool LOAFF™ knee-highs. Built on our unbelievably comfortable Microwobbleboard™ midsoles, they're equal parts brains, beauty and brilliance.
LIFE IS SHORT. CHOOSE GREAT SHOES.™



Available in Harrods and House of Fraser | **FITFLOP.CO.UK**

Tried & Tested

What KIDS really,

Buying an expensive new toy without giving it a test drive is always a gamble. That's from the GHI experts and road-test the toys being hyped as Christmas must-haves.









WINNER

Pie Face! 92/100

£19.99, age 5+

Parents might not be keen on this year's winning toy, but the children loved it. Turn the handle, then wait and see if you're the one who'll be pied (which basically involves being splatted with a faceful of whipped cream!) This game is great value, easy to set up and doesn't even require batteries.

HIT 'It's AWESOME! I'd love to play this with my friends.' *Cherry, 9*

MISS 'Yuck! It's really messy.' *Teagan, 9*





2 *Minions Tumblin' Stuart* 89/100

£49.99, age 3+

Thanks to the huge popularity of Minions, the Tumblin' Stuart action figure from the film is bound to be on lots of wish lists. Stuart tumbles, does sit-ups, chatters and makes very rude noises – which had our junior testers giggling away.

HIT 'This toy is so funny, and if I had one I would keep it as my pet.' *David, 8*

MISS 'It doesn't do enough for me: I want more!' *Chloe, 8*

3 *Little Live Pets Clever Keet* 77/100

£59.99, age 5+

Meet Clever Keet, the animated bird who speaks, sings and dances – and the more you speak to him, the more words he learns. It took a while for the children to get Keet to talk back to them, but they loved how interactive he was.

HIT 'It's like having a real pet.' *Ana, 9*

MISS 'This toy is not very easy to understand.' *Danyal, 7*





4 *Lego Star Wars Millennium Falcon* 76/100

£129.99, age 8+

Combine one of the most popular toys ever with an all-time movie favourite and what do you get? A very popular toy indeed! The Lego fans among our toy testers couldn't wait to build a Star Wars Millennium Falcon, but some found putting it together a little tricky. Our adult tester agreed: it took her an hour and a half to build.

HIT 'Lego AND Star Wars! Awesome!' *Ewan, 9*

MISS 'This would be tricky to look after – loads of the pieces got lost.' *Freddie, 8*

5 *Thunderbirds Are Go Tracy Island Playset* 74/100

£80, age 3+

This is likely to excite grown-ups as much as junior recipients. Though they might be less happy about the time it takes to put together – it took our adult tester close on an hour. Of all the toys tested, this kept the children occupied the longest, thanks to its movable parts. But it doesn't come with any Thunderbirds vehicles – they cost another £15 each.

HIT 'I loved all the little details, there was loads to play with.' *Owen, 7*

MISS 'The palm trees kept falling off.' *Olivia, 8*



really want!

Good Housekeeping Institute TRIED & TESTED

where the pupils of Harefield Primary School come in. We asked them to take over
More than 100 girls and boys made child's play of finding this year's Toy Top 10











6 *Nerf N-Strike Modulus ECS-10 Blaster* 74/100

£59.99, age 8+

When we told the children what toys they'd be playing with, this got the biggest cheer. They loved its rapid-fire motion, but some were disappointed by how easily it jammed.

HIT 'Makes an awesome noise when you shoot.' *Pablo, 8*

MISS 'Good, but some of my bullets got stuck.' *Sivani, 8*





7 *Lego City Deep Sea Exploration Vessel* 73/100

£80, age 8+

Our budding builders loved that there was more than one model to make in this kit, which includes an exploration ship, submarine and shark cage.

HIT 'This is an amazing toy, as you can make lots of things as well as the main set.' *Aidan, 9*

MISS 'It's better for older children because it is a bit fiddly.' *Emily, 8*

8 *Shopkins Scoops Ice Cream Truck* 63/100

£20, age 5+

This is the latest craze to take the under-10s by storm. The set includes a moving ice cream van, an ice cream display and two Shopkins figurines – which boys were just as happy to play with (and crash) as the girls.

HIT 'I like it because you get to make pretend ice cream.' *Trissha, 7*

MISS 'It didn't have many Shopkins [figures] and no ice creams.' *Isabel, 8*





9 *My Friend Freddy* 62/100

£40, age 2+

The junior testers loved soft and fluffy Freddy but found him a teddy of few words! A downloadable app gives you more options, but this is definitely aimed at little ones. Word of warning: adults may find Freddy's voice a little strange – press the demo mode to have a listen before buying.

HIT 'It was cuddly and soft to play with and also it can speak to you in three different languages.' *Storm, 8*

MISS 'Freddy's voice is weird.' *Oliver, 8*



10 *Frozen Sing Along Elsa* 60/100

£39.99, age 5+

Frozen may be one of Disney's most successful films but, two years after its release, many of our toy testers felt it was time to move on. Elsa sings the hit Let It Go and children can sing a karaoke version.

HIT 'Elsa is really beautiful – and she sings!' *Tasneem, 7*

MISS 'I wish it had more songs from Frozen.' *Kareem, 8*

HOW WE TESTED

More than 120 children aged seven to 10 years old took part. Each toy was played with by at least 50 children. They were asked to score the toys out of 10 and give us their comments. □

FEATURE: NATHALIE BONNEY. PHOTOGRAPHY: KIRSTIN SINCLAIR. TOYS KINDLY PROVIDED BY AND AVAILABLE AT ARGOS, AMAZON, SELFRIDGES, TESCO, HAMLEYS AND LEGO. PRICES VARY ACCORDING TO RETAILER AND ARE CORRECT AT TIME OF GOING TO PRESS

EUKANUBA

MEET UTAH, AGE 17
PROOF OF A LONG LIFE

WITH EUKANUBA AND APPROPRIATE CARE

UTAH, AGE 17
Typical Lifespan: 12 years



SEE THE RESULTS OF 10 YEARS
OF LEARNING AT EUKANUBA.CO.UK

This year's best GIZMOS

They're the coolest presents under the Christmas tree – but which to spend money on? To make sure these gifts last well past Boxing Day, the GHI experts have put over 500 of the latest gadgets through their rigorous tests to find the top performer in each category

SMARTPHONE

Samsung Galaxy Alpha

£469.99 THE BEST OF 53

Forget the iPhone – our top scorer is a Samsung. This stylish Google Android smartphone is straightforward to use and has a crisp and clear screen. The camera is particularly good, taking great shots, with some excellent features for selfie-lovers. We also liked its sleek shape.

Stockist: carphonewarehouse.com

✶ 3 ways to make your smartphone battery life last all day: reduce the brightness of the screen, quit any apps you're not using and, if you've got a power-saving mode, turn it on.



SMART WATCH

Apple Watch Sport Edition **£299 THE BEST OF 8**

For anyone who likes to be ahead of the tech curve, a smart watch is the latest must-have. You can't beat the Apple Watch: it looks good and makes life easier. Tap the screen or use a dial on the right-hand side of the watch to open apps and access notifications or even take and receive calls without getting your iPhone out of your bag.

Stockist: apple.com/uk



HYBRID LAPTOP

HP Spectre x360

£899 THE BEST OF 16

A 2-in-1 offers the best of both worlds: the portability of a tablet with a system that can handle more than just surfing the web. Our winner is a sleek laptop that converts into a tablet in seconds and has a sharp display along with plenty of power.

Stockist: hp.co.uk

✶ Backing up your files, photos, music and videos is crucial. *Invest in an external hard drive that connects to your laptop via USB and drag all your files on to it to keep them safe. Alternatively, use an online back-up service such as Google Drive or Microsoft's One Drive.*

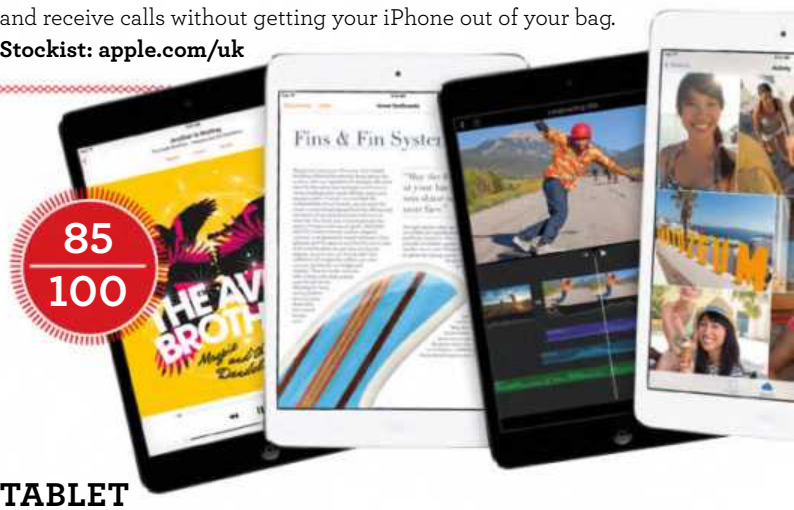


TABLET

Apple iPad Mini **£219 THE BEST OF 34**

The Apple iPad's little sister (with a 7.9in screen) is the overall winner in our tablet tests. It's easy to use, with an intuitive interface, and the perfect size to slip into your bag and carry with you. The iPad Mini 2 comes with either 16 or 32GB of storage space.

Stockist: apple.com/uk





99/100

HEADPHONES

Bose Quiet Comfort 20 Acoustic Noise Cancelling Headphones

£259.95 THE BEST OF 55

Music on the go is a real must-have. These headphones are discreet, practical and offer outstanding sound quality. We love the Aware Mode, which allows in outside noise, so you can quickly listen to announcements or safely cross roads without having to remove the ear buds.

Stockist: johnlewis.com

✶ Stop your headphones ending up in a tangled mess with a Bobino Cord Wrap (£2.89, amazon.co.uk).



78/100

ACTIVITY TRACKER

Epson Pulsense PS500B Activity Tracker

£169.99 THE BEST OF 25

We predict that wearable tech is going to be appearing on a lot of Christmas wish-lists this year. Our highest scoring activity tracker has a large 1.5in screen, which makes it easy to see stats on the move. The built-in heart rate monitor is a bonus. It's compatible with both Google Android and iPhones.

Stockist: epson.co.uk



84/100

COFFEE MAKER

Delonghi Prima Donna XS Coffee Machine

£999.95 THE BEST OF 52

The Ferrari of the coffee machine world, this top-scoring bean-to-cup espresso machine would be appreciated by any coffee-lover. It comes with a milk frother, a strength control feature, and produces excellent coffee with a thick crema.

Stockist: johnlewis.com

NUTRIBULLET

Nutribullet

£99.99

Good Housekeeping Institute APPROVED 2015

The love for Nutribullet is still going strong – we were so impressed, it carries the GHI Approved logo. It blends berries, leafy vegetables, herbs and fruit into super-smooth juices and smoothies. This small blender (technically, a nutrient extractor) also makes easy work of crushing ice, making fine crystals in seconds.

Stockist: buynutribullet.co.uk

GHI TIP: The best way to clean a Nutribullet (and other blenders)? Fill with warm water and a drop of washing-up liquid and whiz!



98/100

DIGITAL RADIO

Pure Evoke D2 DAB/FM Radio D240

£89.95 THE BEST OF 33

This retro-looking compact radio with a walnut veneer sounds as good as it looks. It tunes in to both FM and DAB and the sound is super-crisp. The rechargeable battery means you can listen all around the house and the preset feature, which lets you set the alarm to a station of choice, is also a plus.

Stockist: johnlewis.com



84/100

TV STREAMING BOX

Roku 3

£99.99 THE BEST OF 9



82/100

Make the telly addict in your life happy: pop a TV streaming device into their Christmas stocking. The Roku will give them access to a massive range of content, including Netflix, Now TV and most of the terrestrial channels' on-demand services. It couldn't be easier to use and we love the headphone jack option to watch TV without disturbing the rest of the family! **Stockist: roku.co.uk**

✶ Debating whether to get a TV streaming box or stick? Sticks are discreet but only offer basic access to TV services and catch-up TV, while boxes come with extras like a library of apps.

HOW WE TESTED

We test a product the way you use it – but we do it under controlled conditions to get a fair comparison. We're looking for products that are well designed, easy to set up and use, perform well, and are reliable. □

FOR THOUSANDS MORE PRODUCT REVIEWS, VISIT GOODHOUSEKEEPING.CO.UK/INSTITUTE

WORDS AND TESTING: CARRIE-ANN SKINNER, JIM HILL, DEIRDRE TAYLOR

Get up and glow

Lumie Bodyclock simulates a gentle sunrise that wakes you naturally. Waking this way is proven to increase your energy levels and help you feel active and alert all day – so you can shine your best.

Shop now at John Lewis and Boots
or from the full range at lumie.com



lumie®

lumie.com


What's behind a Howdens kitchen?
BABY
it's
cold
OUTSIDE



Turn the page to read our story...

Expertise from beginning to end.



Howdens Joinery is the UK's largest manufacturer and supplier of fitted kitchens, appliances and joinery products.

We know it takes trade specialists to install a great-looking kitchen and, importantly, one that works every time, every day. That's why we only sell to trade professionals like your local builder.

Our products are available from stock in each of our 600 depots throughout the UK, and in each depot expert planners are on hand to design your kitchen and support you and your builder throughout.

Talk to your local builder about Howdens, and visit www.howdens.com to see our full range of kitchens and joinery products, or call 0800 6888 167 to request a brochure.



BY APPOINTMENT TO
HER MAJESTY THE QUEEN
SUPPLIER OF FITTED KITCHENS
HOWDEN JOINERY LTD
LONDON

HOWDENS
JOINERY CO.
MAKING SPACE MORE VALUABLE

INNOVATION THROUGH THE AGES



NEW

150 CUTICURA Since 1865

PROTECTING BUSY HANDS FOR 150 YEARS

Good Housekeeping READER RECOMMENDED UK 2015

Discover more at facebook.com/Cuticura

WWW. cuticura.co.uk

'Tis the season to be THANKFUL

CHECKED FOR ACCURACY BY Good Housekeeping HEALTH WATCH

Regularly reflecting on what's good in your life can boost contentment, optimism and wellbeing. So here are seven reasons why your body will thank you for saying thanks!



Counting your blessings is not just for Christmas. Regular appreciation, whether it's big picture stuff (having healthy children or great friends) or smaller scale (the sun shining as you walk to work), will boost feelings of contentment and optimism by 25%, according to research. But cultivating an attitude of gratitude does more than make you happier – studies show it could improve your wellbeing in ways you'd never have guessed

1 A FITTER BODY

Top American gratitude researcher Professor Robert Emmons found an unexpected side-effect of counting your blessings – it can motivate you to exercise. In his study, a group of people told to keep a gratitude journal for 10 weeks were active for one and a half hours more a week than a group of non-journallers. The reason why remains a mystery, but one theory is that focusing on the plus points helps reduce stress and anxiety, which frees up energy for exercise.



Think positive and boost your workout

2 A HEALTHY HEART

Imaging techniques have shown that people who often experience upbeat emotions like appreciation tend to have a more toned vagus nerve, which connects the heart to the brain and abdomen. The better its tone, the less risk there is for cardiovascular disease. Feeling thankful has also been shown to lower blood pressure by 10%, and may help to regulate glucose levels and immune responses. 'People who have a grateful mindset are less likely to have a heart attack, and when they do, they recover more quickly,' says psychologist Dr Ilona Boniwell, author of The Science Of Happiness.



Could you stop at just one?



Gratitude could help you meet your goals

3 MORE WILLPOWER

If you need help with New Year resolutions, think positive! In a recent study, after writing about an event that made them feel grateful, neutral or happy, participants were offered cash on the spot or a larger cheque by post. Most of the gratitude group chose the cheque, suggesting a link between gratitude and thinking of the big picture.

4 FEWER COLDS

More and more research suggests that feelings of gratitude trigger physiological changes that boost immunity and improve physical health. According to a Swiss study, gratitude makes you healthier in two ways: it reduces stress, which boosts the immune system, and motivates you to take better care of yourself. 'Gratitude heals, energises and transforms lives in myriad ways,' says Professor Emmons.

5 GREATER RESILIENCE

When you're facing serious challenges, like illness, relationship difficulties or financial strain, it can be difficult to see the bright side. But finding things to be thankful for when times are tough can really pay off. A study of people caring for relatives with Alzheimer's disease found that noting these positive feelings down every day reduced their levels of stress, depression and physical symptoms.

6 FEWER ACHES AND PAINS

People who write a one-page letter every two weeks, thanking someone who has had a favourable influence on their lives, report an improvement in both symptoms of depression and physical aches and pains after just eight weeks – even if they don't send the letters, according to research by Professor Emmons. 'Something happens when we put feelings into words,' he says. 'Our brain begins to change. Recent neuro-imaging studies suggest the possibility of a gratitude-driven neuroplasticity.'

7 BETTER SLEEP

According to research from the University of Manchester, developing a grateful way of thinking improves the quality of sleep. Researchers found that those people who mentally ran through what's going right in their life last thing at night fell asleep more quickly, and woke up feeling more refreshed than those who just thought about their day in general.



Sleep easy: say goodbye to stress

GET THE *gratitude habit*

- Bring back thank-you notes. Writing a letter of appreciation to someone who has made a difference to your life, then handing it to them in person, will boost your mood for up to a month afterwards, according to one study. But you'll also reap benefits from sending quick notes, texts and emails.
- Take time to savour. The more you appreciate the good things, however small (like a great cup of tea, a clear blue sky or a shared joke), the more you increase your capacity to notice them.
- Pin down grateful thoughts. Try jotting them down in a gratitude App like Gratitude Journal or Attitudes of Gratitude (free from iTunes or Google Play), then simply scroll through whenever you need a boost.
- Use the negative. You don't have to focus solely on what went well – try imagining what might have happened if you hadn't met your partner, bought your home, had your children, changed career, or lost weight – it helps counteract the tendency to take benefits for granted.
- Watch a sad film. A tale of tragedy can give you an enhanced sense of gratitude for your own life, according to research.
- Make gratitude a bedtime habit. Studies show it's easier to stick to a new habit if you link it to something you already do regularly. So when you brush your teeth at night, ask yourself, 'What is good in my life today? What went well?' □



Drink in those simple pleasures

FEATURE: SALLY BROWN. PHOTOGRAPHY (POSED BY MODELS): GETTY, CAMERA PRESS/BILD DER FRAU

SENSITIVE BLADDER?

So what! MOVE ALL YOU WANT.



Up to 40% thinner.* Absorbs 2x more than you may need.**
Always Discreet Liners and Pads.

Always Discreet Liners and Pads have an 'ultra' thin absorbent core that turns liquid into gel. So even though they are up to 40% thinner* than the leading brand, they still absorb 2x more than you may need.**

Also available in Underwear.

*Compared to the leading brand, percentage varies across line-up.
**Based on average consumer loading.
†377 **UK** shoppers surveyed, Sep '14 - Jan '15

PROBLEM **SHARED**

with Professor Tanya Byron



Professor Byron is a chartered clinical psychologist. Each month, she counsels a reader going through an emotional crisis.

Dear Tanya

We're dreading seeing our family of drinkers

For six months my husband and I have been almost teetotal, as we'd been overdoing it. We feel better, but I'm worried about what will happen at Christmas – my family are heavy drinkers. I don't want to be accused of being a killjoy but I don't want to fall back into my old ways either. How do we prove we can have fun without being drunk?

TANYA SAYS

First, congratulations on noticing that your drinking was perhaps becoming a bit excessive, and then for doing something about it. While younger generations are often the target of disapproval for drink and drugs, in fact it is those of us who are middle aged and of more mature years who are showing excess drinking behaviours.

A recent report highlighted that between 2005 and 2013 the proportion of young people who are teetotal has increased by 40%, with people often citing health as their main reason. A similar amount said that alcohol was less important to them than to their parents.

It is estimated that about 20% of adults regularly drink at levels that could lead to strokes, some cancers, depression and liver disease, and studies show that many are unaware of the potential harm caused, especially from drinking frequently throughout the week.

Alcohol is a socially acceptable drug that can cause significant harm both directly and indirectly. Given that our generation does drink – sometimes to excess – it is interesting that when someone within the social group stops or reduces that behaviour, it can feel threatening to others. It is almost as if, when faced with someone who has decided not to drink, they feel self conscious and anxious about their own drinking behaviour. It's certainly plausible, therefore, that members of your family may exert pressure on you to join them for a festive tipple.

For some people alcohol is a social lubricant and they struggle to understand how anyone can have a good time socially without it. Some may feel threatened by your not drinking and assume that you are judging them. People may even tell you that you're no fun if you don't drink! You are right to anticipate problems and in order to deal with uncomfortable situations you need to set your own limit and practise being assertive about saying no. Also have a prepared explanation for this, which should be light-hearted and can focus on health and wellbeing.

> "Some may feel threatened by your not drinking"

If you are out, stay assertive and explain that you understand why others may feel you are being unsociable but actually you are having a good time. However, beware of a self-fulfilling prophecy: don't let your anxieties about how others may perceive you result in you actually becoming less relaxed without a drink.

Other strategies include having one alcoholic drink, which you draw out through the event and use to raise a glass with others, and drinking soft drinks or water alongside it. You could also disguise the lack of alcohol – who's to say that tonic actually has any gin in it?

Fundamentally, you must do what you feel is right for you and to resume drinking because of perceived social pressure will not be enjoyable anyway. While others may feel threatened by your decision and may voice it, that does not mean you need to feel guilty that you are ruining their pleasure nor have to shift your behaviour to meet their needs.

The NHS Health Check, which is available to everyone in England aged 40-74, includes an alcohol risk assessment and advice for those whose drinking may be putting their health at risk. For more information, see nhs.uk/nhshealthcheck. □

Want to ask Tanya a question?

Email ghask.tanya@hearst.co.uk or write to: Ask Tanya, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are usually unable to respond to letters individually.

PORTRAIT OF TANYA: JOHN SWANNELL. TANYA WEARS JUMPSUIT, SOFIE D'HOORE. NECKLACE, MANGO. STYLING: JILLIE MURPHY. HAIR: PETROS MAIROUDHIOU AT TREVOR SORBIE. MAKE-UP: GINNI BOGADO AT CAROL HAYES



PAIN RELIEF

PRODUCT OF THE YEAR*

The UK's only pain-relieving gel with two pain-killing ingredients plus anti-inflammatory action.



PHARMACY PRODUCT of the Year 2014

PHARMACY PRODUCT of the Year 2015

*As voted by independent pharmacists in The Pharmacy Product of the Year Awards.

Available from most high street, community pharmacies and grocery stores nationwide.

Always read the label.

Deep Relief

From the makers of DEEP HEAT

www.deep-relief.co.uk

KEEP ON SMILING

A radiant smile makes everyone look better. Let TePe help you protect your best asset

You brush twice daily and visit the dentist regularly. So what more can you do to make sure your smile stays healthy and bright? However dedicated you are, brushing alone cleans only up to 60% of the surface of your teeth. That's why 94% of dental hygienists recommend TePe Interdental Brushes*. Evidence suggests cleaning between teeth with interdental brushes is the most effective way to remove the build-up of plaque that causes cavities and gum disease. Designed to clean the gaps that toothbrushes miss, TePe Interdental Brushes come in a wide range of colour-coded sizes, including the Angle brush, which is ideal for those hard-to-reach back teeth. Safe for use around crowns and bridges, and easy to fit into your regular dental hygiene routine, TePe Interdental Brushes carry on where your toothbrush leaves off. They give you the confidence and reassurance that you're doing your very best to protect that dazzling smile.



TePe brushes suit all needs (your hygienist will advise you which size is right for you). Find TePe Interdental Brushes in larger supermarkets, chemists and pharmacies, RRP £3-£3.25.
For more information, visit tepe.co.uk

*A SURVEY OF DENTAL HYGIENISTS IN THE UK, EATON ET AL (2012)



ASK SARAH

CHECKED FOR ACCURACY BY Good Housekeeping HEALTH WATCH

Dr Sarah Jarvis answers your health questions this month

✦ Tinnitus help ✦ New eczema treatment ✦ Heartburn prevention

Help – I really need some silent nights

Q *I have been getting ringing in my ears for three months. It's worse when I'm in bed and makes it hard to sleep. I also find it hard to hear when there's lots of background noise. I'm worried that not sleeping, along with the noise of family celebrations, will ruin Christmas.*

A Tinnitus is very common – up to one in six people has some persistent tinnitus, although about one in 100 are really troubled by severe symptoms. Defined as any abnormal noise you can hear, but that doesn't come from outside, tinnitus is varioulsy described as ringing, buzzing, whistling or roaring. It tends to be most noticeable when your surroundings are quiet, which is why it's often worse in bed. Sometimes it comes on after a head injury or exposure to loud noise (either long term or a single instance of very loud noise) and it's occasionally a side-effect of medicines such as aspirin or quinine. Ménière's disease, a problem of your inner ear, brings attacks of vertigo (dizziness with a spinning sensation), hearing loss and tinnitus.

Rarely, one-sided tinnitus can be due to a tumour on the hearing nerve, called an acoustic neuroma. Anyone with tinnitus in only one ear, especially with hearing loss and/or pain at the back of the head on the same side, should always be checked out promptly.

Your tinnitus may well be connected to your hearing problems – it often develops around the same time as presbyacusis, or age-related hearing loss. In fact, presbyacusis is by no means confined to the elderly – one in three people aged 40-69 reports problems hearing in noisy environments.

Sadly, while most of us take regular eye checks for granted, we don't have the same attitude to our ears. About six million Britons could benefit from using a hearing aid, but only about two million have one. It takes us eight to 20 years to get a professional hearing check once we start noticing problems. These days, digital hearing aids (including NHS versions) are tiny, effective and usually very comfortable. Getting a hearing aid could solve both your problems. If not, low level background noise, perhaps from a radio, may stop it troubling you. If this doesn't do the trick, your GP can refer you to a tinnitus clinic to help you cope.

Q *I've had psoriasis for years, but hate the party season, when everyone else gets to wear lacy cocktail dresses and I have to cover up. I've almost given up on treatment because nothing seems to work. What can I do?*

A About 1.8 million people in the UK suffer from psoriasis, which leads to scaly, red patches anywhere on the body, particularly the elbows, knees and scalp. Not surprisingly, three quarters of people with psoriasis worry about it, and almost half are concerned about wearing any kind of revealing clothes. Psoriasis is not contagious – it's a chronic disease of the immune system – but many sufferers feel stigmatised because of their appearance.

There have been huge advances in treatments in recent years – long gone are the days when the only options were messy, tar-based ointments. It's well worth seeing your GP and explaining the impact the condition is having on your life. You may need a hospital referral for one of the treatments for more severe psoriasis. These include light-based treatment, and medications that damp down your immune system.

OUR HEALTH PROMISE

CHECKED FOR ACCURACY BY Good Housekeeping HEALTH WATCH

No fluff, crackpot theories or bad medicine. Health articles in Good Housekeeping are double-checked for accuracy by a leading expert from the GH Health Watch team.

Want to ask Sarah a question?

Email ghask.sarah@hearst.co.uk or write to Ask Sarah, Good Housekeeping, 72 Broadwick Street, London W1F 9EP. We regret we are unable to respond to letters individually.

SARAH'S TIPS FOR... avoiding party heartburn

Almost all of us overindulge at Christmas, and all too often we pay the price with miserable symptoms that include burning pain behind your breastbone, an acid taste in your mouth, and feeling or being sick. Use these tips to avoid problems

1 **Eating little and often** is better for heartburn than big meals – so suggest everyone stretches their legs or plays a party game between courses.

2 **Don't eat too late at night** – heartburn happens when acid from the stomach refluxes into the gullet: more likely when you're lying down as it doesn't have to fight gravity. Raising the head of your bed by 10cm or so with a couple of bricks can also help.

3 **Avoid tight dresses,** trousers or belts, which constrict your stomach, forcing acid up into your gullet. Body-contour corsets and undies should also be off your list of party essentials!



4 **Keep your intake of alcohol,** mints, spicy foods, onions and tomatoes to a minimum.

5 **Severe heartburn** can occasionally signal a heart attack. Also seek medical help promptly if food sticks in your gullet, or you vomit blood or black 'coffee grounds'. □

PORTRAIT OF SARAH: NICKY JOHNSTON. ADDITIONAL PHOTOGRAPHY: GETTY. CONDITIONS AND TREATMENTS VARY FROM PERSON TO PERSON. CONSULT YOUR GP ABOUT ANY SPECIFIC CONCERNS AND BEFORE FOLLOWING MEDICAL ADVICE ON THIS PAGE



Asthma? Coughs and sneezes? The air could be to blame. A new 100% natural purifying air spray from Puressentiel could help you breathe more easily and keep bugs at bay

A breath of FRESH AIR

Environmental pollution can seriously affect our wellbeing, yet the air quality in our homes can be up to 100 times worse than it is outside*. Health problems such as infections, allergies and asthma – not to mention headaches and runny eyes – can all be triggered by germs and dust mites in the atmosphere at home.

Yet there could be a natural solution. Purifying Air Spray from Puressentiel contains a blend of 41 natural essential oils, which are clinically proven to help clear the air of bacteria and viruses, microscopic fungi and dust mites that cause allergies and breathing difficulties. Purifying Air Spray even helps to keep moths away from your cashmere – so no wonder it's a firm favourite in its native France.

Family-owned Puressentiel has 10 years' expertise in creating effective, 100% plant-based solutions that are easily tolerated and safe for all the family. Thanks to Purifying Air Spray, your home can smell pure and be a low-pollution zone, too. Now you really can breathe easily.

Puressentiel Purifying Air Spray, £19.99, is available only in larger Boots, Superdrug, Day Lewis and independent pharmacies. For more information, visit puressentiel.co.uk.



We spend around 90% of our time indoors. It makes sense to ensure we're breathing purer, fresher air

*US ENVIRONMENTAL AGENCY 2009, SOURCE: ENVIRONMENTAL PROTECTION AGENCY INDOOR AIR QUALITY TOOLS

CHECKED FOR ACCURACY BY Good Housekeeping HEALTH WATCH

How a quick spritz can put you on top



Unlock your senses with the right perfume

The right perfume can make you seem younger, wake up your brain and even boost your love life. If you're adding fragrance to your Christmas wish list, try these science-based suggestions for:

● **Youthful appeal.** 'Citrus and mint scents stimulate the trigeminal nerve that boosts energy,' says neurologist Alan Hirsch. The classic is pink grapefruit (think Jo Malone Grapefruit Cologne), which can knock six years off your age.

● **Sharper thinking.** Inhale rosemary for a memory upgrade: it works in the same way as dementia drugs, research at Northumbria University has found. In fact, just cultivating your sense of smell can help by switching on neurons in the brain.

● **Lovelier skin.** Newly discovered scent receptors in the skin may explain how fragrance boosts its appearance. 'Rose absolute, found in many anti-ageing creams, improves skin texture,' says author and scent consultant Jennifer Rhind, while sandalore – a sandalwood substitute used in perfume – is linked to faster healing.

● **More passion.** Men are aroused by sweet scents like vanilla, but if that's too Bake Off for you, 'use a scent from the past that conjures up feelings of shared good times,' says Jennifer.

Q *I've worn contact lenses for years, but now that I'm in my 50s, they're causing problems. Is there anything I can do? I don't want to party in my specs!*

'It's a myth that you can be too old to wear contacts,' says Daniel Hardiman-McCartney, clinical advisor to the College of Optometrists. But it can become more challenging over 40, when your sight changes and the eyes become drier.

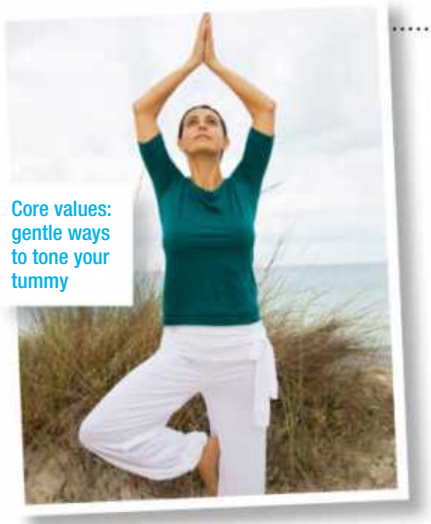
To fix both problems, consider multifocal lenses made from silicone hydrogel that float on the tear film. Most will cope with mild astigmatism but, if it's marked, using one lens for distance and the other for reading is an option.

Very dry eyes may need lubricating eye-drops and daily disposable lenses so you can say goodbye to irritating cleaning solutions. And think about investing in some gorgeous specs to use occasionally. They'll give your eyes a chance to breathe occasionally, so you can wear your contact lenses to every party going.

HOW SHE DOES IT!



The world's oldest supermodel, DAPHNE SELFE, 87, is launching an academy to pass on the secrets of her style, and they don't include cosmetic surgery. 'My face tells the story of my life – why would I want to change it?' she says. 'I came to the same conclusion about my hair when I reached 60. I let the rinse fade and the silver shone through. It's taken years off me.'



Core values: gentle ways to tone your tummy

Who needs shapewear?

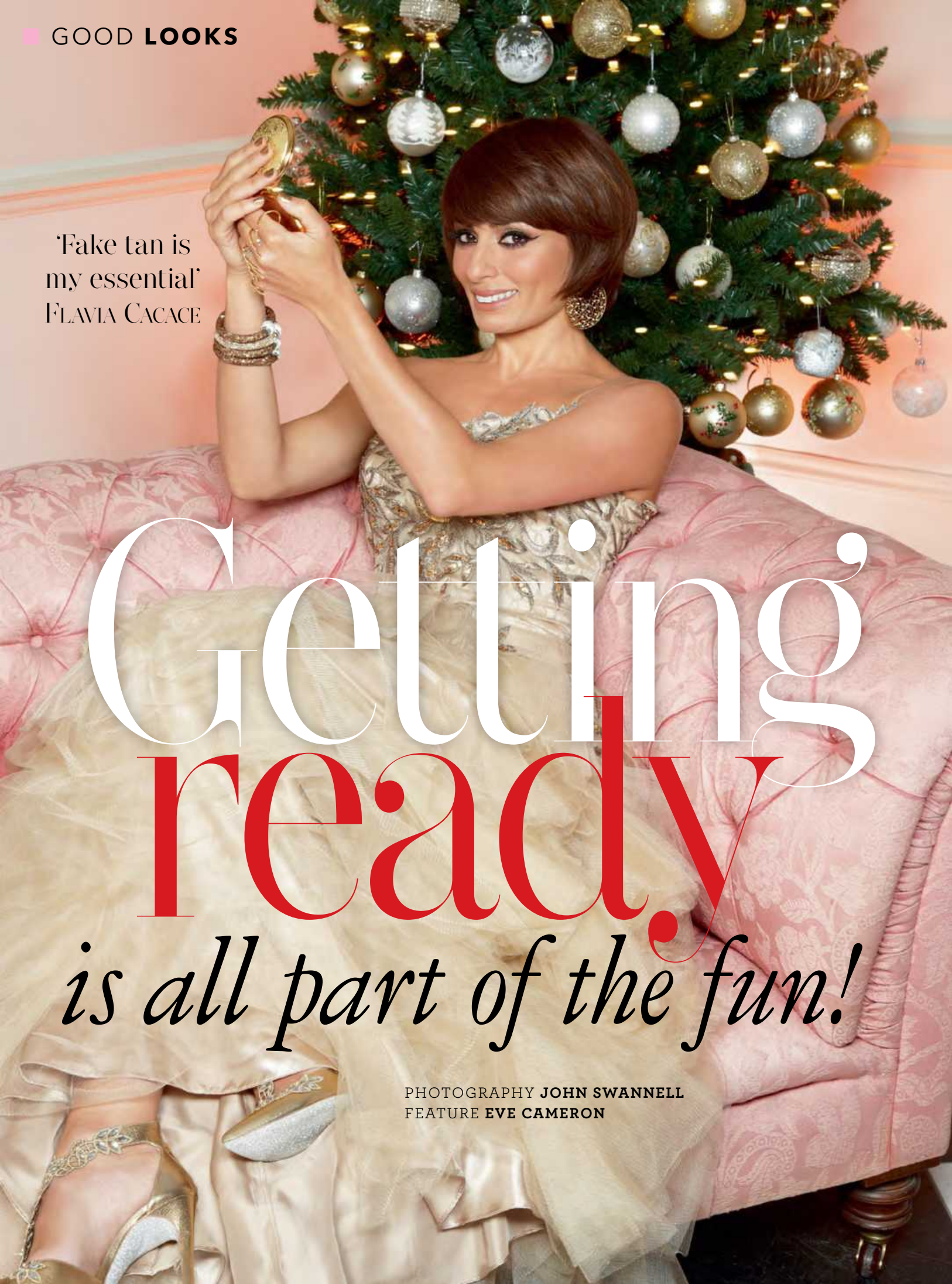
Use your natural corset to flatten your tummy instead, with these simple crunch-free moves.

■ **Perch on the edge of your seat** for a few minutes every hour and you'll use your core for support instead of the chair back. Sit tall, with your spine naturally flexed.

■ **Not sure what muscles you should be pulling in?** Coughing politely helps to identify the core muscles that define your middle. You'll automatically brace your belly and lift your pelvic floor.

■ **Wobble.** Balancing makes muscles work harder, so try standing on one foot, keeping your hips level and your core engaged. □

FEATURE: LINDA GRAY. PHOTOGRAPHY (POSED BY MODELS): GETTY. JUMPFOTOCONDITIONS AND TREATMENTS VARY FROM PERSON TO PERSON. CONSULT YOUR GP ABOUT ANY SPECIFIC CONCERNS AND BEFORE FOLLOWING MEDICAL ADVICE ON THIS PAGE



'Fake tan is my essential' FLAVIA CACACE

Getting ready *is all part of the fun!*

PHOTOGRAPHY **JOHN SWANNELL**
FEATURE **EVE CAMERON**

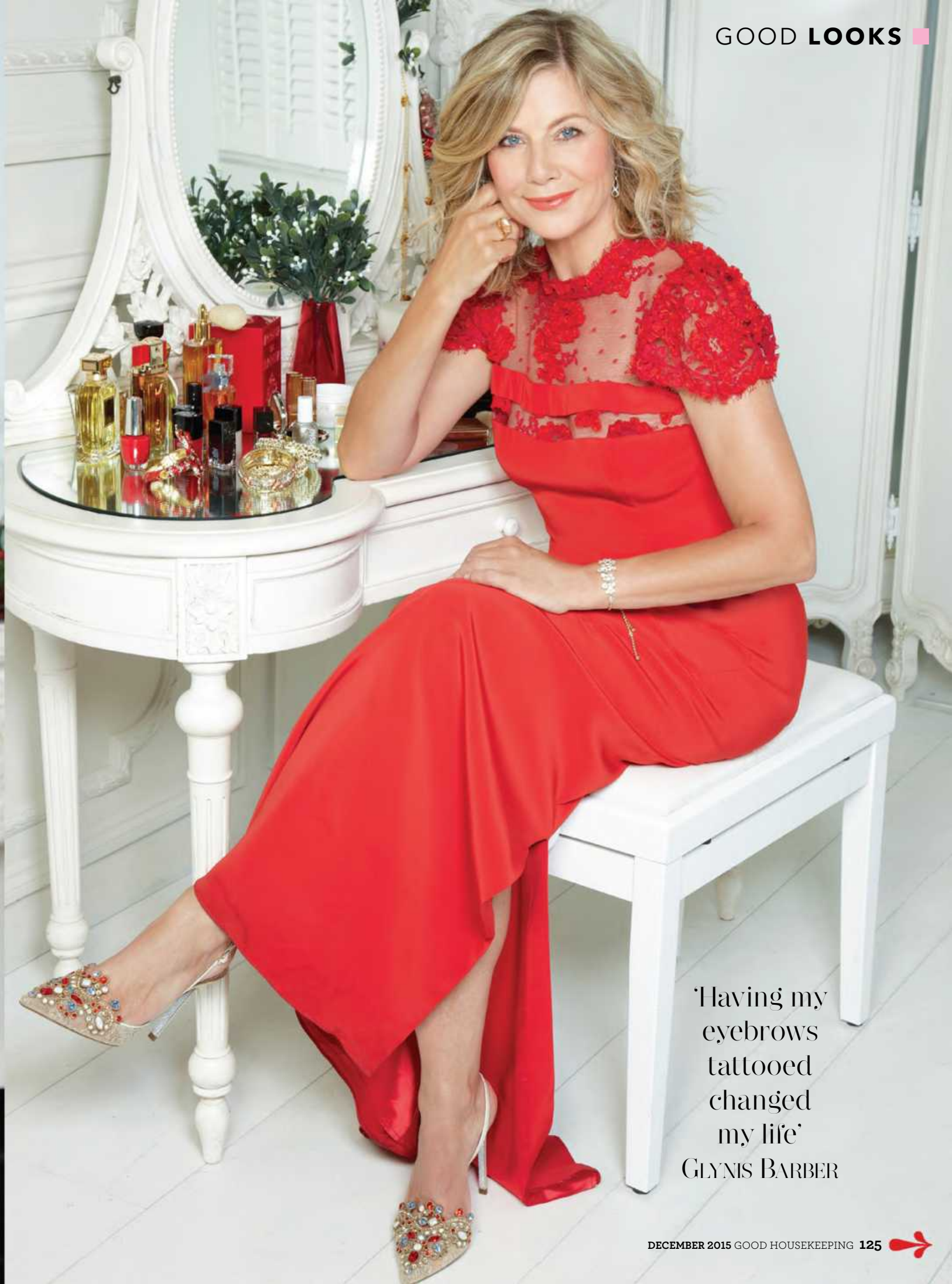


'I'll lie in the bath until I'm prune-like'
KATE GARRAWAY

We admit it. We're nosy – and always super keen to hear the beauty and style secrets of busy women. Here, four very glamorous GH favourites reveal how they get Christmas party ready...



'My biggest confidence boost is when my boys tell me I look lovely'
Susanna Reid



'Having my eyebrows tattooed changed my life'
GLYNIS BARBER

Scalp System

john masters organics

John Masters Organics scalp range is especially designed for optimal hair growth. Recommended for people who are suffering with problem hair such as thinning, hair loss and damage, as well as scalp issues such as itching, flaking and dandruff.



20% off all John Masters Organics range using code: GH12

offer excludes travel sizes and collections

Offer ends: 15th December

www.johnmasters.co.uk

Lots of mascara, fake tan and forward planning get dancer Flavia Cacace party ready fast

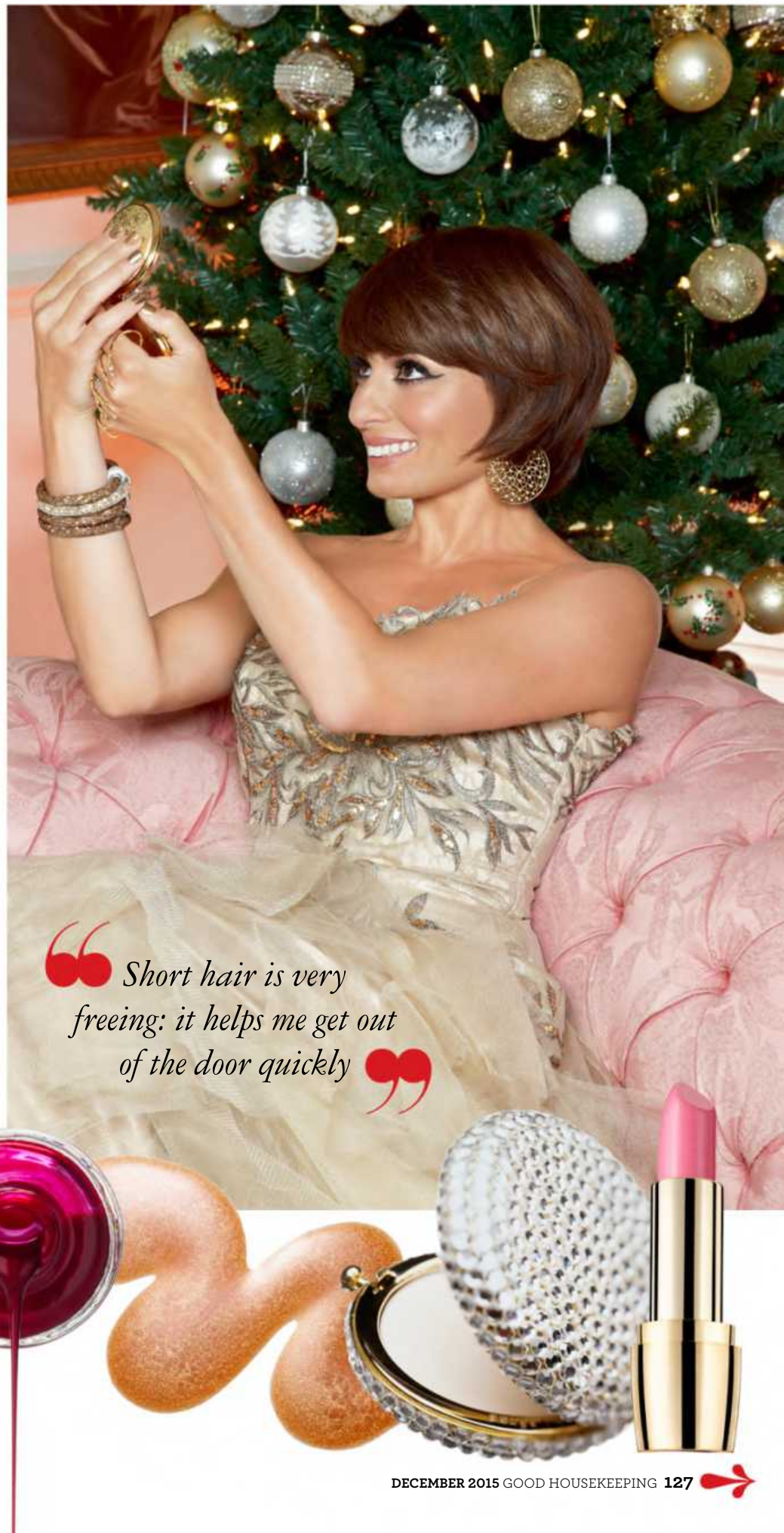
I'm super quick at getting ready to go out and always plan what I'm going to wear in advance, including shoes, bag and coat. The coat's important because I'm always cold!

Because I'm so used to doing my hair and make-up for dance competitions and performances, I know what suits me. My party make-up is along the same lines as when I'm on stage – base, smoky eyes and natural lip colour, but without the false eyelashes. For a daytime party, I'll pare it down and use mineral powder make-up. I always wear lots of mascara.

I've bought a UV curing lamp, so I can do my own gel nails – more timesaving! – and often keep to a deep burgundy red, which seems to go with everything. It works in real life as well as for my current tour with my dancing partner Vincent, The Last Tango.

My hair is low-maintenance. I first cut it short in my early 20s. I'd had enough of long hair, buns and gels. I do change it, though. I've had a straight fringe, a bob and worn it longer on one side. Short hair is very freeing. It also helps me get out of the door quickly.

Fake tan is essential – not just for parties, but all year. I'm Italian: I love a tanned look. Even though I'm olive skinned, I feel pasty without a tan and it gives me confidence. Over the years I've tried so many that I decided to launch my own range, byFlavia (byflavia.com). There are mousses in three shades, instants that don't come off on your clothes and sparkle gels that give your skin a subtle silver or intense golden glow – brilliant for parties, on your legs, arms and décolleté. I've also created Strip Oil, a melon-scented oil with aloe vera and essential oils that you use in the bath to take off fake tan build-up. It can make the bath a bit messy, but it's worth it.



"Short hair is very freeing: it helps me get out of the door quickly"

FOR TICKETS VISIT THELASTTANGOTOUR.CO.UK. FLAVIA WEARS DRESS, DYNASTY LONDON. SHOES (SHOWN ON OPENING PAGE), RENE CAOVILLA. EARRINGS AND RING, BUTLER & WILSON. GOLD BANGLE, DOROTHY PERKINS. THREE BRONZE BANGLES, DAISY & EVE AT EVANS. HAIR AND MAKE-UP: KATIE ANNETTS. BALSAM 6FT CHRISTMAS TREE, £338, TREETOPIA (TREETOPIA.CO.UK). BAUBLES FROM A SELECTION AT GISELA GRAHAM

LE COUVENT DES MINIMES

Natural Beauty Recipes



BOTANICAL COLOGNE OF THE MINIMS

The virtuous scent of nature.

www.lecouventdesminimes.com

order & collect

only at Boots

Order by 8pm and collect for free tomorrow from midday.

Boots let's feel good

Please see boots.com/ordertodaycollecttomorrow for full terms and conditions about the Order & Collect service Monday - Saturday, geographical exclusions apply. Subject to availability.

For TV and radio star Kate Garraway, party prep includes a long soak, control pants and a blow dry

Although I love a bit of spangle, it's about balance – you don't want to look like the Christmas tree. Last year I had some black LK Bennett trousers with a navy blue sequin panel that I wore with a black silky top, so it felt Christmassy, but not too much.

I do love a jumpsuit, a statement necklace and big earrings. I especially love big earrings, because I can't wear them on Good Morning Britain as they're not serious enough. When I put them on, my husband always says it's party time.

I've got more shoes than Imelda Marcos. This festive season I'm going to be wearing a pair from River Island that are a metallic rose gold meets mermaid tail colour (or herring, depending on your point of view). I love high heels and don't feel properly dressed up without them. I usually kick them off for dancing, though.

In the past, my party look would just be loads of mascara and lip gloss. Now the preparation can start days, or even weeks before! There's exfoliating, fake tanning and more to be done. I don't think we appreciate our naturally glowing skin when we're young. Getting ready can all be part of the fun, though. Because I work in the early morning on television and then on my Smooth radio show from 10am til 1pm (smoothradio.com), I can go home and have a wax, a bath or whatever and take my time getting ready before an evening event.

Bubbles in your bath feel fantastic and I have some Aveda bath salts that smell like luxury. I also put natural essential oils and baby oil in my bath. It's a devil to clean afterwards, so it's only before special occasions! I'll lie in the bath until I'm prune-like, and use a hard, crispy towel and rub vigorously to dry myself. Then I'll apply loads of moisturiser and fake tan if it's the day before a party. On the day I'll use lots more body moisturiser, like Dior Addict, which gives a lovely, elegant waft of scent.

Make-up wise, I like lashings of Clarins or Lord & Berry mascara and a soft brown eyeliner like Teddy by Mac. I think black's a bit harsh – although I love that Chrissie Hynde look, I can't pull it off. But it's all about the hair for me. My hair has the texture of a horse's mane – it's thick and coarse, so if I have a blow dry, I feel a million dollars. I can skimp on other things – I'll happily do my make-up in the car on my way to an event – as long as my hair's done.

My other confidence boost is good underwear. Control pants, plus some heels, make me feel slimmer and gorgeous!



KATE WEARS DRESS, DYNASTY LONDON. EARRINGS AND BANGLE, BUTLER & WILSON. PREVIOUS PHOTO (IN BATH), KATE WEARS BANGLES, BUTLER & WILSON; DOROTHY PERKINS. EARRINGS, DOROTHY PERKINS. HAIR: JONANTHON MALONE. MAKE-UP: JULIA JACOBS. CANDLES: JO MALONE; ACQUA DI PARMA

"In the past, my party look would just be mascara and lip gloss. Now the preparation can start weeks before!"

It's all about low-maintenance sparkly glamour for Good Morning Britain presenter Susanna Reid



The wardrobe mistress at work provides gorgeous, smart clothes for me to wear every day when I'm on TV, so it's nice to wear something glam when I go out. At Christmas I really like to up the glamour with satin and sequins. My usual hoop earrings get ditched for chandeliers! The false lashes come out, too.

I do like a bit of sparkle. Last year on Christmas Day I came down wearing a red fitted satin dress and gold shoes, but my boys took one look at me and said, no Mum! I had to go back upstairs and change into a onesie. At home it's all about love and hugs and onesies, so when I go out it's glossy metallics and red sequins all the way!

Usually I'm a ready-in-five-and-out-the-door woman, but that's often because I've already had my hair and make-up done at work. I can never recreate what the pros do, so if I'm doing my own make-up it's minimal – Garnier BB cream, L'Oréal Paris or Lancôme mascara and lip gloss. There's always a bottle of red nail polish in my handbag and I often paint my nails in 30 seconds before going on air or out to a do. I think nail polish smartens up your hands.

For a big event I'll always get a professional blow dry. I also have a spray tan once a week. It's something I've done for years – even before Strictly. I think I'm low maintenance because of my spray tan – it takes an inch off all over. I think Victoria Beckham said that and it's true! My biggest confidence boost, though, is when my boys tell me I look lovely.

At parties I stick to sparkling water so I can enjoy every moment. I love to dance, and because I wear heels every day, dancing in them isn't difficult. It can be daunting to go to a party where you don't know many people, but if you persuade yourself that you're going to meet interesting people, it takes the pressure off worrying about yourself.

SUSANNAH WEARS DRESS, ALLISON RODGER. EARRINGS, NEW LOOK. RING, SUSANNAH'S OWN. BANGLE, QVCUK.COM. HAIR AND MAKE-UP: HEATHER KING. TOASTED CHAMPAGNE CHRISTMAS TREE WITH LED LIGHTS, £338, FROM A SELECTION AT TREETOPIA.CO.UK

"At Christmas my usual hoop earrings get ditched for chandeliers! The false eyelashes come out, too"

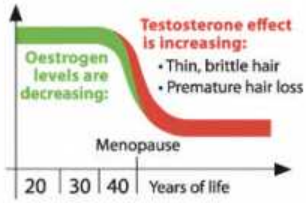


Over one third of women experience hair loss after menopause

NO.1 FEMALE SHAMPOO*



This graph shows how when a woman approaches the menopause, her oestrogen levels decline, and the negative effect of her testosterone rises. This hormonal fluctuation can lead to hair thinning or hair loss. For those women affected, the hair loss can be dramatic.



Plantur 39 shampoo is formulated with a Phyto-Caffeine ingredient that, if used regularly may help reduce the affect of these hormones on the hair roots. Which could help reduce hair thinning or hair loss during and after the menopause.

Plantur 39 is available at Boots, pharmacies and leading supermarkets.

*Source: Nielsen Company Panel, 2014, Germany, per SKU in German drug stores

Actress Glynis Barber relies on nutrition, exercise and fabulous eyebrows to stay party-ready



My priority is for my skin to look good



For me, getting party ready is all down to the prep. When I know what I'm going to wear, I can get ready in 15 minutes. I'll try it all on in advance just in case an outfit doesn't fit as well as I thought I did or I don't like it.

I am lazy with my hair. I scrunch it and leave it. Sometimes it looks good, sometimes not! I'll indulge in a blow dry for a big party but don't want to look done and as though I've been to the hairdresser, as I think that can look ageing.

Rather than wearing lots of make-up, my priority is for my skin to look good, so I'll use a scrub or mask on the day of the event or the night before. For a professional quick fix I might also have a peel or skin tightening radio frequency treatment. The best thing, though, is facial massage, as any stress really shows in your face. I'll use Green People tinted moisturiser or Armani foundation and do smoky eyes using one of my HD Brows eyeshadow palettes. I'm obsessed by eyebrows. If you don't have good eyebrows, it doesn't matter what you do with your make-up. Brows of the right shape and colour transform your face and act like a facelift. When I was younger, I overplucked my brows terribly and they never grew back properly, so for years I pencilled them in. Then two years ago, I started having them tattooed, which has changed my life.



I always follow the eating principles and recipes from my book, The In-Sync Diet (co-authored with nutritional therapist Fleur Borrelli; £12.04, Amazon) and they're useful if you want to get through the festive season without feeling like a blob. It means avoiding bloat-causing foods like grains and upping your protein content, vegetables and healthy fats. So on a party buffet table I'd avoid the sandwiches and pasta salads and go for things like garlic prawns, devilled eggs and spicy chicken wings. At home I serve up dishes like my Brussels sprout salad. I didn't think I liked Brussels sprouts, but even my son asks me to make this! You slice them raw, really thinly, and mix with a little Parmesan, nuts and cranberries. Delicious.

It's also important to reduce grazing and have just two or three meals a day with five hours in between. You'll have more energy, as well as fitting into that LBD! I'm a big believer in exercising before you eat, whether it's going for a walk, doing a yoga class or just running up and down your stairs. Even if you've only got one day before you want to look your best, you can have a flatter tummy, feel less bloated and more energetic if you follow these principles. □

GLYNIS WEARS DRESS, NICOLE COSTE. SHOES (SHOWN IN PREVIOUS PHOTO), RENE CAOVILLA. EARRINGS, RING AND BRACELET (IN PREVIOUS PHOTO), CAROLINE CREBA. HAIR: JONATHON MALONE, MAKE-UP: JULIE JACOBS. TREE, AS BEFORE. BAUBLES FROM A SELECTION AT GISELA GRAHAM. STYLING THROUGHOUT: JILLY MURPHY. ADDITIONAL PHOTOGRAPHY: GETTY

Confidence boost

Whatever your day has in store, you know you can rely on Sure to keep you feeling fresher for longer



Whether you are out and about in the fresh air or rushing home after work to meet up with friends, feeling confident should be part of your daily routine. Sure Compressed is designed to keep you clean, fresh and protected all day. It's small enough to slip into your yoga bag for a lesson or your clutch bag for an evening out. It packs exactly the same amount of protection into a smaller, smarter can – so Sure Compressed lasts just as long as the big can, yet offers a softer spray and a handy size. That's why 9 million women* have chosen Compressed antiperspirants.

HOW IT WORKS

With its 125ml can, Sure Compressed delivers the same amount of antiperspirant protection in each spray as the Sure 250ml size, but uses only half the amount of gas and has less packaging. Sure's Motionsense™ technology works with your body by releasing a new burst of freshness every time you move, so you can be confident you'll stay fresh and dry, all day long.



'Sure Compressed provides the same level of sweat protection as the regular spray, giving me confidence whatever I'm up to. It's perfect for everyday use, and is both my bathroom and handbag essential'

Kimberly Wyatt, dancer



Small but strong, Sure Compressed antiperspirant is available nationwide. Try it today with a money back guarantee†, and discover for yourself why one is sold every three seconds††

MONEY BACK GUARANTEE

*KANTAR WORLDPANEL DATA, UK INDIVIDUALS AND IE HHS OF COMPRESSED DEO PURCHASES 02/2013-08/2015. 18+ PURCHASES IN UK, NI AND IRELAND BETWEEN 01/10/15 AND 31/01/16. KEEP RECEIPT AND PACK; PER HOUSEHOLD. FOR FULL TERMS, SEE COMPRESSEDDEODORANTS.COM ††YEAR TO DATE UNIT SALES, W/E 28/05/2015



Can a facelift be achieved naturally?

Yes.

Researchers have discovered
that Vine Resveratrol (already patented by Caudalie)
boosts the skin's natural production of hyaluronic acid.
Hyaluronic acid plumps up the face, while Resveratrol firms it.

91%(1)	76%(1)	80%(1)	85%(2)	0%
FIRMER SKIN	LIFTED SKIN	SKIN DENSER AFTER 7 DAYS	SMOOTHED WRINKLES	NEED FOR SCALPEL

AVAILABLE ON WWW.CAUDALIE.COM, SPACE NK AND SELECTED STORES NATIONWIDE.

PATENT PENDING PCT/IB2015/054257
FILED BY CAUDALIE AND HARVARD UNIVERSITY

(1) Consumer test, % of satisfaction, 100 women, 30 days. (2) Clinical trial, % of satisfaction, 33 women, 56 days. * Patent pending PCT/IB2015/054257 filed by Caudalie and Harvard University.


CAUDALIE
PARIS
NEW
PATENT*
CAUDALIE
RESVERATROL [LIFT]
SÉRUM FERMETÉ
FIRMING SERUM
RESVERATROL [LIFT]
Plumps. Redensifies. Firms.
www.caudalie.com

Time to shine

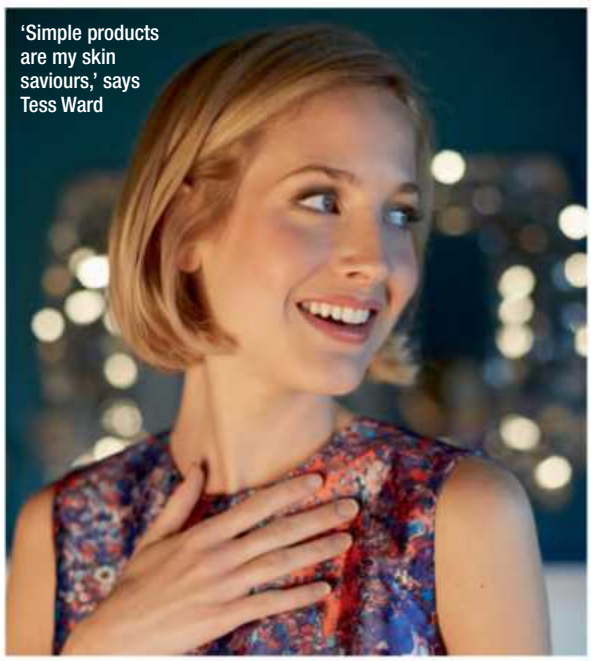
For chef Tess Ward, Christmas entertaining means the pressure is on – but she still makes time to take good care of her skin

Chef and lifestyle blogger, Tess Ward, says Christmas is her favourite time of year: 'I love cooking for family and friends during the festive season. Everyone mucks in, so it's often a bit of a mad house!'

When you're under pressure – whether it's in the office or in the kitchen – your body reacts by producing higher levels of cortisol, which can make skin look tired and lead to dryness and signs of premature ageing. So it's especially important to take care of your skin, making sure you cleanse and moisturise well.

For Tess, only Simple Kind To Skin products will do. 'Hosting dinner parties can be stressful, and an evening spent entertaining and eating lots of food can make any skincare regime seem arduous,' she says. 'Simple Kind To Skin Cleansing Wipes and Vital Vitamin Night Cream are my saviours – I can take off my make-up and moisturise without leaving the sofa!'





'Simple products are my skin saviours,' says Tess Ward

'Simple Kind To Skin Vital Vitamin Night Cream is hydrating but still light, which is perfect for my skin'





Late nights and lots of make-up? Simple Limited Edition Kind To Skin Cleansing Facial Wipes are a must-have this season to help keep skin clean and hydrated. Available exclusively at Tesco, RRP £3.29

Discover a skincare regime to suit you and find out how to get naturally healthy-looking skin. Visit simpleskinadvice.com to take a short quiz, receive a personalised skin map and a chance to win exclusive skin-loving prizes*.

*TERMS AND CONDITIONS APPLY. NO PURCHASE NECESSARY. OPEN TO UK RESIDENTS AGE 18 AND OVER. PRIZE IS A SIMPLE SKINCARE HAMPER WORTH £13. COMPETITION IS OPEN 3 NOVEMBER – 31 DECEMBER 2015. ENTRY VIA SIMPLESKINADVICE.COM. PROMOTER IS HEARST MAGAZINES UK

BEAUTIFUL AT ANY AGE

News ❖ Treats ❖ Trends

FESTIVE *favourites*

✻ Treat yourself to your very own monogrammed bottle of **My Burberry Gold Magic**, £90. Choose up to three letters for free at burberry.com, from October.

✻ We can't decide which is more fabulous, the scent or the bottle! Either way, we love **Marc Jacobs Decadence**, £49.

✻ Step into the luxurious world of **Michael Kors 24K Brilliant Gold**, £39 – a sparkling floral blend with plenty of depth.





Add subtle sparkle to your party make-up

WHAT'S NEW FOR HAIR?

✻ Spray **L'Oréal Professionnel Hair Touch Up**, £12.99, on to roots and around the hairline to disguise greys between colour appointments. The smudgeproof and waterproof pigments won't budge until they are washed out with shampoo. In Black, Brown, Light Brown and Dark Blonde.

✻ Use **V05 Shape My Style Creation Hairspray**, £3.99, on wet hair for definition and hold, or on dry to fix finished looks.

✻ Give fine, damaged hair some TLC with **Wella Professionals Elements Hair Strengthening Serum**, £21.99. Simply apply to lengths and ends of wet hair.

BUYS OF THE MONTH

[1] 

[2] 

[3] 

[4] 

[5] 

[6] 

[1] A nourishing, hydrating treat for both skin and hair: **Crème de la Mer The New Renewal Oil**, £155. [2] The Rouge Noir collection pays homage to Chanel's iconic 20-year-old polish – try **Chanel Rouge Allure Velvet lipstick** in La Merveilleuse, £26, a suit-all deep pink. [3] For statement nails, try **No7 Nail Effects** in Starry Sky, £7. [4] Fake a flattering candlelit glow with **Guerlain Météorites Flocons Enchantés**, £50. [1] Create a smoky eye in seconds with **Lancôme Ombre Hypnôse Stylo** in Brun Captivant, £22. [6] Minimise pores and perk up dull skin with **Estée Lauder NightWear Plus 3-minute Detox Mask**, £32.

If sparkly EYESHADOW *feels too full-on, try a thin line close to the upper lash line. We like* ARMANI EYES TO KILL LINER *in Zenith, £26.50 (armanibeauty.co.uk)*

THREE OF THE BEST *Volumising mascaras*

Good Housekeeping Institute TRIED & TESTED

A thickening mascara that doesn't clump, smudge or flake? Our panel and the GHI beauty lab* tested 10

WINNER MAYBELINE 86/100



Maybelline Lash Sensational, £7.99

Our top scorer delivered impressive volume, full coverage and colour – at a great value. The clever curved wand made it easy to reach inner and outer lashes.

RUNNER UP MAC 79/100



MAC In Extreme Dimension Lash Mascara, £19

This deeply pigmented mascara quickly plumped up lashes – and it scored well for lasting power in our lab tests, too.

RUNNER UP GUERLAIN 78/100



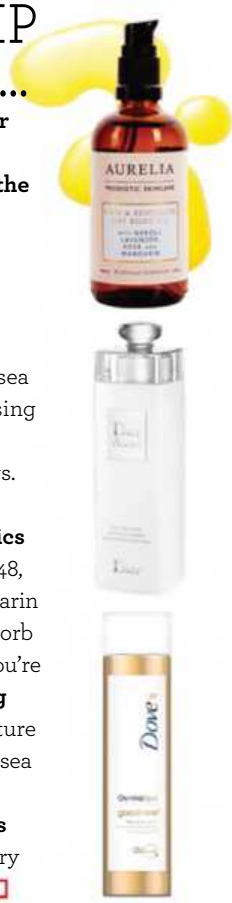
Guerlain Cils D'Enfer So Volume Mascara, £24.50

Our testers loved the dark intensity of this mascara and the instant thickness it added to their lashes.

Want to help test the latest beauty products for the Good Housekeeping Institute? Email your name, age and contact details to beauty.ghi@hearst.co.uk

BEFORE YOU SLIP INTO YOUR LBD...

Festive parties aren't all about the hair and make-up! If the skin on your body hasn't received much attention since the Summer, give yourself a quick fix:



BUFF Legology Exfo-Lite Stimulating Salts For Legs, £42 for five sachets, leaves skin feeling energised and super-smooth, thanks to sea salt and Himalayan pink salts, moisturising ingredients and a delicious lemon peel scent. We use it all over – not just on legs.

MOISTURISE Aurelia Probiotics Firm & Revitalise Dry Body Oil, £48, has a glorious scent of neroli, rose, mandarin and lavender, with botanical oils that absorb fast, leaving skin soft but not greasy. If you're not a fan of oils, **Dior Addict Moisturising Body Milk**, £40, has a lovely creamy texture and smells divine. With omega oil from sea buckthorn and its Cell Moisturisers technology, **Dove Derma Spa Goodness Silky Body Oil**, £9.99, is great for very dry skin and leaves a subtle golden sheen.

Treat yourself to an anti-ageing facial from Elemis



GH EXCLUSIVE

SAVE 25% on an Elemis facial

Award-winning British spa and skincare brand Elemis is 25 this year. And to celebrate, you can enjoy 25% off Advanced Elemis Facials at spas and salons nationwide. All Elemis Advanced Facials have been clinically proven to deliver real radiance, anti-wrinkle or resurfacing results. The Pro-Collagen Quartz Lift Facial, for example, can temporarily reduce the number of wrinkles by up to 94%† after just one treatment – a great way to get ready for a special occasion! Book now and put your face in the hands of an expert Elemis therapist.

TO BOOK YOUR FACIAL

Call Elemis Customer Care on 0117 316 1888‡ to find your nearest participating spa or salon. Please quote 'Good Housekeeping' when booking and take this offer page with you.

Offer only valid for bookings of Advanced Elemis Facials, Monday to Friday. Offer available from 25 October until 7 December 2015. ‡BT landline calls are charged at the national rate; calls from mobiles and other networks may cost more.



FEATURE: EVE CAMERON AND GILLIAN DAVIES. PHOTOGRAPHY: TRUNK ARCHIVE, STUDIO 33. MASCARA WORDS AND TESTING: CLARE DURRANT. *PRE- AND POST-APPLICATION PHOTOGRAPHS (AFTER 10MIN AND 6HR) WERE COMPARED IN THE GHI BEAUTY LAB. †RESULTS OF INDEPENDENT CLINICAL TRIALS

CHARLES WORTHINGTON
LONDON

*65 people (with fine or thinning hair) questioned on a 1 week home user trial using shampoo and conditioner.
**Tonic contains organic pea sprout extract to stimulate hair growth. When tested by 104 people in a 4 week home user trial using shampoo, conditioner and tonic.

@CWHairLondon

HAIR FEELS THICKER IN JUST ONE WEEK*

NEW THICKER & FULLER 3-STEP REGIME



Luxurious hair thickening 3-step regime formulated with strengthening Keratin, scalp caring Vitamin E, and Organic Pea Sprout to prolong the hair life cycle

STEP 1 + STEP 2 Hair feels thicker in just one week*

+ STEP 3 Helps stimulate hair growth for lasting results in just 4 weeks**

= Used together, the regime will make hair feel stronger, thicker, and gorgeously full

EXCLUSIVELY AT BOOTS

Feel the freedom

Travelling makes Leigh Knight feel young and carefree – and now nothing can stop her from planning her next adventure



There is nothing Leigh loves more than setting off on holiday, whether she's travelling on her own to the USA to visit her friends, or driving through Europe with her husband for six weeks. 'From planning the trip to packing my suitcases, the anticipation of freedom is palpable. Travelling makes me feel alive – it makes me feel 20 years younger, and brings out a carefree attitude in me!' she says.

But she hasn't always felt this relaxed. As one of the 47% of women in the UK who experience bladder weakness*, Leigh used to worry – but not since she discovered TENA Lady, the UK's number-one bladder weakness brand**. Now, at 55, she feels more confident and self-assured than ever. 'Thanks to TENA Lady, now I can relax knowing that I have my little passports to freedom tucked in my handbag. They've replaced all my worries and given me the confidence to try new things – and I'm always ready for my next adventure.'

> 'I have found the confidence to be spontaneous and have fun – that's what travelling is all about'



*WIN A FABULOUS SPA BREAK****
For a chance to win a spa break for two, plus other great prizes, visit goodhousekeeping.co.uk/news/tena-competition



Bladder weakness is common, and experienced by nearly half of women in the UK. TENA Lady products offer triple protection against leaks, odour and moisture. Just slip a packet into your handbag, and get back the confidence to be yourself and enjoy life. Visit tena.co.uk for more information and a free sample.

* TENA LADY SURVEY OF 2,000 WOMEN AGED 18 AND OVER BY ONEPOLL, MAY 2014. **BASED ON AMOUNT SOLD; SOURCE: IRI DATA FOR 52 WEEKS ENDING 5 SEPTEMBER, 2015; VALUE, PACKS & PIECES.
***VISIT GOODHOUSEKEEPING.CO.UK FOR FULL TERMS, CONDITIONS AND DATA PROTECTION INFORMATION. COMPETITION IS OPEN UNTIL 7 DECEMBER 2015.



Ready to relax? Put yourself in the mood for a massage with a mindfulness exercise



A traditional wreath with a twist

THE GIFT OF WELLBEING

Feelgood treats we'd love to receive this year:

❇ Hang this **Green & Spring Christmas Wreath** (£85 plus free UK p&p; greenandspring.com), on the front door or use it as an eye-catching table decoration – and keep the six mini products all for yourself!

❇ Ask Santa for a **Wahanda Gift Card** to spend in one of over 9,000 spas and salons throughout the UK (£10 to £250; wahanda.com).

❇ Find peace in a frantic world with **Aromatherapy Associates Clear Mind Bath & Shower Oil**, £48 (exclusively at Liberty). The soothing blend rebalances and revives frazzled spirits. □



Seasonal stress gets an aromatic antidote

TREATMENT FOR DECEMBER

Ever had a long-awaited massage but found you couldn't switch off? New **Neom Organics** Sleep, De-Stress, Energise and Happiness Wellbeing treatments start with a simple mindfulness exercise to help you relax. Our tester chose the De-Stress blend of jasmine and lavender when she was treated by holistic therapist Claire Greening at the sleek Y Spa, Wyboston Lakes in Bedfordshire (yspa.co.uk). Her skin was drizzled with warm melted oils from the Neom Intensive Treatment Candle, then massaged with shiatsu and Thai techniques. Treatments start at £70 for 60min at spas nationwide (see neomorganics.com).



Relax with a lavender massage

Our round-up of tips, news and advice to boost your wellbeing

BODY & soul

FAMILY FIRST

Spending time with loved ones boosts happiness at Christmas far more than eating and drinking, receiving gifts, or even doing charity work, according to a recent report in the Journal Of Happiness Studies. 'If we make our close relationships the top priority, the rest of the Christmas should fall naturally into place,' says psychologist Professor Mark Griffiths from Nottingham Trent University. 'Plan activities that involve interaction – get everyone to help with the meal, go for a walk, play a board game or charades.' Anyone for karaoke?

MOVIE *magic*

According to Dutch researchers, people who cry at films feel sad at first, but experience an upsurge in happiness 90 minutes later. So when it's a choice between the washing up and It's A Wonderful Life, you know which to go for.

FEATURE: SALLY BROWN. PHOTOGRAPHY (POSED BY MODEL): GETTY

BEAUTY LOWDOWN

When it comes to looking fabulous, what do insiders rely on to keep up the glow? At Superdrug, B. is the new beauty buzz

Looking fabulous means staying vibrant, but it doesn't have to mean high maintenance. That's the philosophy of fashion editor, blogger and author of Style Forever, Alyson Walsh, 51. Famous for her down-to-earth approach to grown-up chic, when it comes to skincare Alyson believes in a straightforward routine that simply becomes second nature. 'My skin is becoming more wrinkly,' she says. 'But because it's sensitive, I don't like products with too many ingredients or too much perfume.' Top of her list are formulas that sink in quickly and easily without leaving a greasy film. 'Since I don't wear much foundation, I look for fast-acting creams with a glow factor.' She also likes to keep it real. 'I don't want to look younger, I just want my skin to look good. I prefer the natural look – even if I do show my lines.'

EASY LIFE CHOICES

B. skincare products, which are exclusive to Superdrug, contain high concentrations of well-known ingredients that are clinically proven to work. 'A friend told me she rates B. skincare and I agree,' says Alyson. 'I love the way they address skin concerns at different stages of life. Because each phase appears on the package, it's easy to know what to choose. I'm vegetarian and careful about what I buy, so the fact they're vegan and cruelty free makes it even easier.'



'I love the way these products address skin concerns at different phases of life. It makes it easy to choose what suits me best'



REFINED & REFRESHED

B. Refined Exfoliating Cleanser, £5.49, gently polishes the skin surface to reveal a smoother, brighter complexion. The creamy dual-action formula helps combat dull, dry skin, leaving it super cleansed and refreshed. 'My skin felt softer and smoother, with a much fresher look,' says Alyson.



'I don't want to look younger, I just want my skin to look good. I like fast-acting products with a glow factor'

RESTORED & NOURISHED

Developed especially for your late 40s and 50s, B. Restored Day Cream, £13.99, nourishes and hydrates to help protect and soften skin. Plant extracts help firm and smooth, while hyaluronic acid reduces the appearance of visible lines and deep wrinkles. 'This felt rich and more expensive than it is. My skin looked smoother after just a few days,' Alyson says.



FIRMER & BRIGHTER

B. Uplifted 3D Lift Eye Cream, £11.99, helps to firm and smooth tired-looking eyes instantly. Tetrapeptide acts to help boost the skin's collagen production and visibly reduce wrinkles, while hyaluronic acid hydrates and live yeast extract helps reduce the appearance of dark circles and puffiness.



CLEAN, COOL & SOOTHED

B. Pure Micellar Water, £4.99, is a quick and easy 3-in-1 cleanser that easily dissolves make-up and grime. It's ideal for all skin types, and contains cucumber juice extract to refresh and hydrate. 'This is my hero. It's fabulously refreshing and easily removes every last trace of make-up, even waterproof mascara. Brilliant!,' says Alyson.

PREMIUM SKINCARE, PERFECTLY SUITED TO YOU Want to find your perfect skincare regime, or new make-up products chosen just for you? Now you can, with the B. skincare and make-up range, all exclusive to Superdrug. Visit bisforbeautiful.com and get your bespoke beauty plan now.

Exclusively at Superdrug



Dress, £295, 6-18, Phase Eight (phase-eight.com). Right-hand wrist: wide stretchy bracelet, £15, Wallis. Thin diamanté bracelet, £8, Dorothy Perkins. Left-hand wrist: pearl bracelets, £10 for a set of four, New Look. Silver bangle, £12, Marks & Spencer. Silver sparkly bangle, £10, Zara. Earrings, £15, Allusions @ BHS

Enchanted!

Give your PARTYWEAR *a magical,* FAIRYTALE *feel with* PRETTY PINKS, *silver and white… and plenty of* SPARKLE

PHOTOGRAPHY **PETER ZOWNIR** FASHION EDITOR **NINI KHATIBLOU**



Go all out in a showstopping embellished dress with sheer sleeves

Dress, £199, 6-22, No.1 Jenny Packham at Debenhams. Shoes, £160, 3-8, Ted Baker (tedbaker.com). Earrings, £8, and spiral ring, £4.99, both New Look

[CONTINUED OVER PAGE]



Faux fur coat, £255, 8-18, Marc Cain (marc-cain.com). Top, £22, and skirt, £45, both 8-18, both Dorothy Perkins. Shoes, £89, 3-8, Dune (dunelondon.com)

Mix ***sequins*** *and faux fur for a failsafe* ***festive*** *outfit*



Top, £100, and skirt, £260, both 8-16, both 2nd Day (day.dk). Camisole, £22, S-XL, Kettlewell Colours (kettlewellcolours.co.uk). Shoes, £30, 3-9, Next. Necklace, £15, Marks & Spencer.
[CONTINUED OVER PAGE]

We love this matching top and skirt set in delicate tulle



Mix and match pretty separates in the same colour palette for an easy look

Top, £29.99, S-L, Zara. Skirt, £249, 8-16, Ted Baker. Pumps, £120, 3-9, French Sole (frenchsole.com). Earrings, £10, Accessorize



Dress, £110, 8-16, Little Black Dress (littleblackdress.co.uk). Clutch, £12, Matalan. Premium ear cuff, £9.99 for a set of two, and spiral ring, £4.99, both New Look
[CONTINUED OVER PAGE]

The Little White Dress is every bit as chic as a classic Little Black Dress



Dress up a ***luxury*** *cashmere knit by teaming it with a* ***full*** *skirt and* ***metallic*** *heels*

Cashmere jumper, £375, XS-L, Chinti and Parker at Trilogy (trilogystores.co.uk). Skirt, £390, 8-16, Milly (milly.com). Heels, £29, 3-9, Zara. Necklace, £46.95, Hush (hush-uk.com)

Invest in a luxury ***brocade*** *shift dress that will* ***flatter*** *any figure…*

Dress, £485, 8-16, CH Carolina Herrera (carolineherrera.com). Shoes, £225, 3-9, LK Bennett. Clutch, £12.99, New Look (newlook.com). Earrings, £25, MeMe London (meme.london). Faux fur pom pom charm, £27, Hush (hush-uk.com). 'PARTY' lights, Graham & Green (grahamandgreen.com)



HAIR AND MAKE-UP: KATIE PETTIGREW AT LHA REPRESENTS



For maximum glamour

Choose a metallic maxi dress, as worn by Marie Grove-Walton, Director of Grove Communications

Dress, £250, 8-18, Biba at House of Fraser. Shoes, £59.99, 3-7, Zara. Cuff, £149, and ring, £149, both Rebecca Jewellery (rebecca.it)

Slinky separates

Model Sarah Willey's look is timeless and elegant at any age

Silk shirt, £330, silk skirt, £360, both 6-14, both Carolina Herrera (carolinaherrera.com). Shoes, £130, 3-7, Ted Baker (tedbaker.com). Ring, £450, Thomas Sabo (thomassabo.com)

PHOTOGRAPHY
NICKY JOHNSTON
FASHION
JO ATKINSON

SECRETS OF *Fabulosity*

Whether you're dressing up for a glamorous event or shopping ahead for the festive season, take inspiration from these stylish GH women



Go for details

Jewel detailing updates the ever versatile little black dress, worn by Niki Wheeler, Director of Launch PR

Dress, £325, 6-18, and bag, £245, both LK Bennett. Sandals, £110, 3-7, Carvela (kurtgeiger.com)

Just add sparkly heels

Panels of beads and sequins add interest to the dress worn by Gina Miller, Founder of SCM Direct.com and MoneyShe.com

Dress, £110, 6-16, Wolf & Whistle (wolfandwhistle.co.uk). Shoes, £445, 3-8, Christian Louboutin at Mytheresa.com (mytheresa.com). Cuff, £145, Kirsten Goss (kirstengoss.com). Ring, her own

Statement skirt

Long statement skirts work best worn with simple T-shirts or knits, as worn by actor and comedy writer Helen Clyro

Top, £29, XS-XL, Jigsaw (jigsaw-online.com). Skirt, £159, 8-18, Hobbs. Shoes, £70, 3-8, Clarks. Necklace, £130, and cuff, £115, both Kirsten Goss (kirstengoss.com)

The new evening coat

This metallic evening coat, worn by model Laura Goodman, can be dressed up or down and will become a wardrobe staple

Coat, £219, 6-16, Baum und Pferdgarten (baumundpferdgarten.com). Camisole, £22, 8-18, Wallis. Leather leggings, £99, 8-18, Autograph at Marks & Spencer. Shoes, £195, 3-7, Lucy Choi (lucychoilondon.com). Bracelet, £12, Wallis



Show off your waist

Fit and flare styles are flattering and elegant

Marie wears: Dress, £365, 6-18, LK Bennett. Shoes, £49.99, 3-7, Zara. Earrings, £99, and ring, £149, both Rebecca Jewellery (rebecca.it)

Mix textures

Satin trousers are bang on trend this season

Sarah wears: Top, £48, XS-L, Goldie London (goldielondon.com). Trousers, £39.50, 8-18, Autograph at Marks & Spencer. Shoes, £125, 3-7, Vince Camutto (kurtgeiger.com). Rings, from £440, Kirsten Goss (kirstengoss.com)

Rethink your LBD

Navy sequins are a striking alternative to black

Gina wears: Dress, £120, 8-18, The Little Black Dress Company (littleblackdress.co.uk). Shoes, £445, 3-8, Christian Louboutin at Mytheresa.com (mytheresa.com). Earrings, £180, bracelet, £139, and ring, £99, all Rebecca Jewellery (rebecca.it)



Skin-flattering metallics

Match your shoes to your dress for top-to-toe glamour

Niki wears: Dress, £125, 8-18, Ariella (houseoffraser.com). Sandals, £79, 3-7, Dune (dunelondon.com)

Try this season's colour

Pick a striking party dress in this season's rich burgundy tones

Helen wears: Dress, £169, 8-18, Biba at House of Fraser. Shoes, £85, 3-7, Jenny Packham at Designers at Debenhams. Cuff, £16.50, Wallis

Work the leather trend

For a bold, modern look, sequinned tunics and leather leggings are a trend to try

Laura wears: Tunic, £32, 14-36, Yours Clothing (yoursclothing.co.uk). Leather leggings, £99, 8-18, Autograph at Marks & Spencer. Sandals, £295, 3-7, Russell & Bromley. Earrings, £135, Alexis Dove (alexisdove.com). Ring, £275, Thomas Sabo (thomassabo.com)

HAIR: JUAN @ TREVOR SORBIE. MAKE-UP: LINDSEY POOLE. HAIR AND MAKE-UP: ANNA DURSTON

It's all in the detail…

A SHOT OF SILVER

Add shine and sparkle to any outfit



Brooch, £12.99, Accessorize

Clutch, £225, LK Bennett

Cuff, £295, Dower & Hall (dowerandhall.com)

Glitter heels, £49, 3-7, John Rocha at Designers at Debenhams

Silver pendant, £190, Konplott (konplott.com)

Watch, £295, Ice Watch (uk.ice-watch.com)

Earrings, £160, Mawi (mawi.co.uk)

Beaded bag, £29.99, Accessorize

Eternity rings, from £200 each, Monica Vinader (monicavinader.com)

Diamanté flats, £35, 3-7, Next

Lace heels, £120, 3-7, Kurt Geiger (kurtgeiger.com)

Box bag, £35, Coast (coast-stores.com)



Bangle stack, £395, ChloBo (chlobo.co.uk)

Jewelled flats, £99, 3-7, Boden (boden.co.uk)

Earrings, £25.50, Konplott (konplott.com)

Necklace, £79, Ted Baker (tedbaker.com)

Clutch, £25, Simply Be (simplybe.co.uk)

Lips clutch, £245, Lulu Guinness (luluguinness.com)

Gold leaf pendant, £198, Dower & Hall (dowerandhall.com)

Sandals, £130, 3-7, Ted Baker (tedbaker.com)

It's all in the detail…

MOLTEN MAGIC

Mix gold and plum for a glamorous gleam

Earrings, £20, Phase Eight (phase-eight.com)

Brooch, £10.99, Accessorize

Bracelet, £145, Astley Clarke (astleyclarke.com)

Mini Lili bag, £375, Mulberry at House of Fraser

Glitter pumps, £95, 3-8, French Sole (frenchsole.com)

Owl wrapped up for Christmas!

Cable Beanie £12

Snood £16



Owl Knit £30

Country Rose

20% OFF all clothing*

This voucher entitles you to 20% off all clothing in stores.
or use the online voucher code: '**CRGHK20**' at checkout

*One voucher per transaction. Voucher cannot be used in conjunction with any other offer or discount, and is valid on all clothing, subject to availability. Excludes concessions and alcohol and in store promotions. Voucher is not exchangeable for cash - nominal value is 0.0001p. Damaged vouchers will not be accepted. This voucher is valid until 24th December 2015. Stock subject to availability, actual product colours may vary from images shown on advert. Only valid in The Edinburgh Woollen Mill.
The Edinburgh Woollen Mill Limited. Reg. SC024081. Reg. Address: Waverley Mills, Langholm, Dumfriesshire, DG13 0EB.

The Edinburgh Woollen Mill® www.ewm.co.uk

Style AT ANY age



Trends to try, looks to love and labels to buy right now, says Fashion Editor at Large **ANGELA KENNEDY**



Floral jacquard dress, £259, 8-18, Hobbs (hobbs.co.uk)

WE ♥ A COSTUME **DRAMA**

Vintage patterns are getting a modern spin for evening. To avoid the fancy-dress look, keep it simple with just one beautiful piece. Go boho chic and wear with a shaggy shearling coat, or ultra luxe with a razor-sharp trench. Or mix it up Prada-style with brocade and tapestry.

A Hobbs collaboration with the Historical Royal Palaces draws ideas from Hampton Court – affordable heritage riches for your wish list!

INDUSTRY *insider*

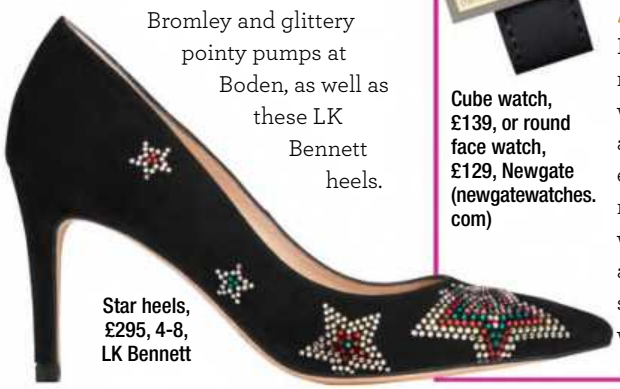


'I love our new silver grey sheepskin biker jacket,' says Chrissie Rucker MBE, founder of The White Company. 'It's an incredibly flattering shape and looks great with anything from tailored trousers or jeans to loungewear and dresses. The super-soft sheepskin lining makes it lovely and warm, too – a real forever piece.

Sheepskin jacket, £595, S-L, The White Company (thewhitecompany.com)

IF YOU BUY ONE THING THIS MONTH MAKE IT… *a party shoe*

Slip into sparkly heels and give your LBD a party lift. We've got our eyes on gem-encrusted flats at Russell & Bromley and glittery pointy pumps at Boden, as well as these LK Bennett heels.



Star heels, £295, 4-8, LK Bennett



Cube watch, £139, or round face watch, £129, Newgate (newgatewatches.com)

WELL *timed*

Known for its minimalism, with faces that are easy on the eye, Newgate is now making watches as well as clocks. Super stylish, they go with anything.

BEAUTIFUL… AND ETHICAL

Think Liz Earle and you think beauty and wellbeing. Now she's launching a jewellery collection. Combining her passion for botanicals with sustainable sourcing, her very pretty and wearable Fair & Fine Botany Collection features fairly traded gold and silver from Peru.



Liz Earle wild rose studs with adaptable crystal drops in 24ct Fairtrade gold vermeil, £175, Cred Jewellery (credjewellery.com)



Silk chemise, £75, S-XL, Figleaves (figleaves.com)

FOR THE BOUDOIR

Choose satin and silk to give your nightwear a touch of old-fashioned glamour. Tap Figleaves into your browser and start hinting for Christmas!



NATURALLY BEAUTIFUL

Give your home the luxurious look and feel of natural wood and stone – with all the advantages of a beautiful tiled finish

As the UK's leading tile specialist, Topps Tiles is brimming with inspiration – from timeless classics to the very latest in style and design. Take this year's key trend for the natural look: using advanced technology to combine the authentic character you love with the practicality you need.

Exclusive to Topps Tiles is stunning new Silvabirch™ (main picture) – a porcelain tile with a unique specialist glaze that marries the tactile beauty of wood with the affordability and easy maintenance of tiles. Or there's luxurious Zelve (below right), which uses advanced inkjet technology to capture the scintillating sheen of natural slate.

Constantly updating its range with an average of two new collections every week, Topps Tiles is sure to have a tile that's perfect for you. Every design offers an unbeatable blend of quality, value and style – so, whether your dream scheme is a cool urban oasis or a classic country cottage, we can help you make it happen.

THE CHOICE IS YOURS

With so many options, choosing your scheme could be a daunting task – but Topps Tiles has made it easier than ever to create your dream design. Our friendly experts can guide you through each stage of your project, and every store is equipped with iPads so you can use the unique online Visualiser. This powerful design tool takes all the guesswork out of buying tiles – you simply click on a style you like, and the Visualiser will virtually 'tile' a huge range of room sets so you can see how your chosen design will look at home. And if you prefer to shop online, simply visit toppstiles.co.uk – where you can use the Visualiser, buy samples, place orders and find your nearest store.

Topps Tiles is leading the way, using advanced technology to combine the authentic character you love with the practicality you need





MANY TILES UP TO 1/3 OFF

Now's the ideal time for your tiling project – because not only does Topps Tiles offer unparalleled quality, value and choice, but selected tiles are currently on offer at up to one-third off the usual price. See toppstiles.co.uk, or visit your local store for details.

Extra texture: Silvabirch (main picture) adds a soft, tactile beauty to walls and floors, while Zelve (right) creates a showstopping effect in bathrooms and kitchens. Inspired by the Lake District, Lowick (above) gives walls and floors a traditional limestone look

With more than 340 Topps Tiles stores nationwide, you're never far from one of 1,700 specialist advisors who can guide you through your tiling project. For your nearest store, call 0800 783 6262 or visit toppstiles.co.uk.*

Topps Tiles

*CALLS FROM CONSUMER LANDLINES AND MOBILES ARE FREE; CALLS FROM OTHER PHONES MAY INCUR A CHARGE

Magic lights & fairy dust

Give your home its most glamorous makeover ever this Christmas. Start with the tree, plan a stunning table for the big day and send sparkles into every room...



PHOTOGRAPHY **MARK SCOTT**
HOMES EDITOR **CAROLYN BAILEY**



For details of these pages and where to buy, please turn to the last page of this feature



CASCADE OF COLOUR

Stud satsumas with cloves to create a heavenly seasonal aroma.

ABOVE Brushed Gold cutlery, £16 for four pieces, Rockett St George. Cake stand, £12, Ikea. Table runner, £20, Next Home. Chevron candle, £5, George Home. Vase (far left), £14.99, Dobbies. Tea light holder, £15 for three, Hen & Hammock. IN BACKGROUND Biba tableware, from £10 for a side plate, House of Fraser. RIGHT Bauble placecard holder, £3.10, Gisela Graham. Leaf dish, £28.50, Joanna Wood. Dauville dinner plate, £20, and napkin, £10, both Heal's. Copper-effect cutlery set, £32 for a 16 pieces, Next Home. Place mat, £10, Debenhams





Brass tray, £175, Oka Direct. FROM TOP LEFT River Thames teapot, £80, and teacup and saucer sets, £38 each, Snowden Flood. Teacup and saucer candles, £4.95 each, National Gallery. Gold glass tea light holders, £2.99 each, Yankee Candle

The designer way to dress your home



When Gisela Graham was a schoolgirl she was once given a detention for skipping homework to help her mother make straw stars for Christmas. And the fascination with all things festive has never left her. We asked German-born Gisela to share her secrets for a very merry Christmas home.

✶ **Mix baubles with fake flowers on the tree and tone or contrast the flowers with the bauble colours. Flowers with big heads like hydrangeas work best.**

✶ I always have a festive flower display at Christmas time in my office. Placed on a hall table, a similar vase is an elegant way to welcome guests. Fill a big vase with fresh white tiger lilies and long droopy stems of holly or, for extra glamour, intertwine small, battery-operated clear fairy lights.

✶ **Make a traditional English Kissing Ball: create an open-work ball about 18in in diameter from 6-8 thin branches of fir. Hang a red apple and sprigs of mistletoe from inside the ball using red ribbon. It looks lovely and romantic – a great talking point!**

✶ Suspend a plain fir or eucalyptus wreath (fake or real) over your Christmas table with thin red ribbons and dangle baubles from it. Or suspend a bare, natural branch from the ceiling and hang baubles from that.

✶ **Twist foliage such as ivy over the top of a mantelpiece, then add little silver and white glittery stars to reflect in the mirror.**

✶ In Germany, we celebrate on Christmas Eve at midnight. All the lights go out and we have only candles. We exchange presents then – it's magical!

ALL I WANT FOR CHRISTMAS

In your hall, hang stockings from the coat hooks, and continue the theme with co-ordinating cushions

Walls painted in Skimming Stone, £38 for 2.5l, floors in Cornforth White, £23 for 750ml, both Farrow & Ball. Similar umbrella stand and coat hooks, and Windsor stickback settle, £1,195, all I&JL Brown. Pre-lit tree, £409.99, Hayes Garden World. Decorations, from a selection, Gisela Graham. Stockings in Kew, Ticking 2, Kintyre Check fabrics, £24.50 each, Ian Mankin. Ribbon, from a selection, Berisfords. Advent calendar, £30, The Contemporary Home. ON SEAT, FROM LEFT Bamburgh cushion, £14.99, and Joy cushion, £19.99, both Dobbies. Jingle cushion, £10, Tesco. Blanket, £55, Urbanara. Dog bed, £28, Cath Kidston



I WILL *honour Christmas in my* **HEART** *and try to keep it all the year*

from A Christmas Carol by Charles Dickens



IT'S BEGINNING TO LOOK A LOT LIKE...

Create an inviting corner with a group of cushions, the perfect place for a spot of tea

Curtains in handwoven dupion, £27 a metre, James Hare. Seat pad in handwoven Arran, £39.50 a metre, Ian Mankin. Cushions, from left: faux fur, £16, Bhs. Mohair, £45, Urbanara. Reindeer, £15, Bhs. Tray, £45, Oliver Bonas. Throw, £95, Osprey. Plate, £4, Sainsbury's. Flowers of Liberty mug, £19.95, Liberty. Books, from £11.99, Paperblanks. Similar basket, John Lewis. Mince pies, Gail's Bakery. Biscuits, Konditor & Cook



PARTY TIME

A hostess trolley creates an extra surface for drinks and gifts. Add a few decorations if there's space!

Hostess trolley, £150, Next Home. TOP SHELF, FROM LEFT Glitter pear decorations, £2.99 each, Gisela Graham. Champagne bucket, £38, Oliver Bonas. Cocktail shaker, £45, and sundae cone, £14.50, both Rockett St George. Pineapple ice bucket, £25, John Lewis. Martini glasses, £24 for a set of four, Next Home. Lassi cup, £29, Hen & Hammock. BOTTOM SHELF Gift wrap, from a selection at Caroline Gardner, Paperchase and Tesco. Royal gold crackers, £45 for six, Celebration Crackers



"One can never have enough **SOCKS**. *Another Christmas has come and gone and I didn't get a single pair. People will* **INSIST** *on giving me books"*

Professor Dumbledore in Harry Potter And The Philosopher's Stone by JK Rowling

"Then they offered Him **GIFTS** *– gold, frankincense, and myrrh"*

from the Gospel according to St Matthew



THE MOST WONDERFUL TIME OF THE YEAR *With the tree and fireside as focal points, a sitting room is instantly festive*

Walls in Shaded White, £38 for 2.5l, Farrow & Ball. Table (left), £1,200, Jonathan Adler. Decanter, £45, Next Home. Gold spot tumblers, £5 for two, George Home. Plate, £4, Sainsbury's. Glenmore chair in Williams Check, £700, Laura Ashley. Mongolian cushion, £50, Debenhams. Smokey Mountain tree, £409.99, Hayes Garden World. Decorations, from a selection, Gisela Graham. Trivandrum rug, £495, Oka Direct. Curved fire screen with handle, £305 plus VAT, Chesney's. Moroccan leather pouffe, £375, Jonathan Adler. Books, from £11.99, Paperblanks. Bowl, £20, Oliver Bonas. Descartes three-seater sofa, from £1,760, Sofa.com. Martini table (far right), £345, I&JL Brown. Gift wrap, from a selection, Caroline Gardner, Paperchase and Cath Kidston. ON MANTEL, FROM LEFT Gold wreath, £39.50, Marks & Spencer. Small green/gold/red tea light holders, £2.99 each, Yankee Candle. Star-shaped tea light holders, £4.99 each, Gisela Graham. Footed candle holder, £45, and drum-shaped candle holders, £40 each, all I&JL Brown. Wreath, £19.99, and gold tree, £8.99, both Gisela Graham. IN HEARTH Log holder, £305 plus VAT, Chesney's. ON SIDEBOARD, FROM LEFT Tea light holders, £2.99 each, Yankee Candle. Flower bouquet, from £50, Scarlet & Violet. Midas platter, £95, Oka Direct. Gold string tree, £20, Habitat. Hurricane lantern, £12.99, Dobbies

GOLDEN TREASURES

Swathe a side table in golden silk cloth and go all out for formality

Cloth made up in Orissa silk, £33 a metre, James Hare. Tree, £409.99, Hayes Garden World. Decorations on tree, from a selection at Gisela Graham. ON TABLE, FROM LEFT Flower bouquet, from £50, Scarlet & Violet. Aktad serving stand (holding fruit), £14, Ikea. Candlesticks, £40 each, John Lewis. Red dinner candles, £6.50 for six, St Eval Candle Company. Berry and cone garland, £20, Tesco. Giant gold stars, £2 each, George Home. Lights, from a selection at Lights4fun. Metallic wreath, £29.50, Marks & Spencer. Gift wrap, Paperchase. Ribbons, VV Rouleaux



"The rooms were very still while the pages were softly turned and the Winter **SUNSHINE** *crept in to touch the bright heads and serious faces with a* **CHRISTMAS** *greeting"*

from Little Women by Louisa M Alcott



Make it *classic*



Beautiful bespoke window coverings have been Hillarys signature for over 40 years. With a dedicated in-home service, you'll be able to view a wide range of samples in the comfort of your home and receive expert advice from our team. Plus, we'll even take care of the measuring and fitting.

HILLARYS

Make a window. Make a room.

TO BOOK AN APPOINTMENT WITH YOUR LOCAL ADVISOR
CALL 0800 916 7714 OR VISIT HILLARYS.CO.UK

SEASONAL SHELFIE

Add decorations to a display of festive china

TOP SHELF, FROM LEFT Reindeer wreath, £25, Paperchase. Happy Holiday plates, from £4 each, Sainsbury's. Angel teacup and saucer sets, £40 each, and mug, £19.95, all Emma Bridgewater at Fortnum & Mason. Enamel mugs, £7.99 each, Falcon. Notebooks, from £12.99, Paperblanks. SECOND SHELF, FROM LEFT Flowers of Liberty jug, £22.95, and mug, £19.95, both Liberty. Christmas Angel teapot, £59.95, Emma Bridgewater at Fortnum & Mason. Small red votives, £28 for three, Heal's. Red bowls, £4 each, Sainsbury's. Plate, £49.95, and bowls, £14.95 each, Emma Bridgewater. Tumblers, £5.99 each and teapot, £19.99, all Falcon. Stack of plates, from a selection, Emma Bridgewater. BOTTOM SHELF, FROM LEFT Toy's Delight coffee pot, £59, Villeroy & Boch. Tropper tea light holder, £35, Habitat. Flowers of Liberty cake stand, £69.95, Liberty. Spotty bowls, £19.95 each, large spotty bowl, from a selection, and Joy jug, £84.95, all Emma Bridgewater. Flower bouquet, from £35, Scarlet & Violet. Decorations, from a selection, Gisela Graham. Baubles (in bowl), £30 for four, Osprey. Amaretto biscuits (on cake stand), £6.99 a tin, Dobbies. Gift wrap, from a selection at Caroline Gardner. Ribbon, from a selection at VV Rouleaux

BELOW Marseille metal chairs, £49 each, Tesco. Tablecloth, £80, Heal's. Runner, £16.99, Walton & Co. Floral crackers, £39.95, Liberty. Toy's Delight salad plates, £17.90 each, and cake plate, £49.90, all Villeroy & Boch. Pasta bowls, £5, Sainsbury's. Tea light holders, £2.99 each, Yankee Candle. Dressed Up Square and Rhombus tumblers, £9.90 each, Villeroy & Boch. Placemats, £6 for two, Sainsbury's. Vase, £14.99, Dobbies



goodhousekeeping.co.uk

"Fine old Christmas… had set off his rich gifts of **WARMTH** *and* **COLOUR** *with all the heightening contrast of* **FROST** *and* **SNOW***"*

from The Mill On The Floss by George Eliot



The Toulouse Oak dining set offers a rustic, farmhouse feel. Add to the look with additional solid oak and oak veneer pieces, making it perfect for those special dining occasions. harveysfurniture.co.uk

Toulouse Extending Dining Table from **£399.** Toulouse Large Sideboard from **£399.** Toulouse Chairs with Brown Leather-Effect Seat Pads from **£200** per pair.

From our At Home COLLECTION

Harveys



OPENING PAGES
LEFT-HAND PAGE Door painted in Lichen exterior eggshell, £23 for 750ml, Farrow & Ball. Wreath, from £65, Phillippa Craddock. Nordman tree, £19.99, Wyevale. Lanterns: (on left) wooden lantern, large, £190, John Lewis, zinc lantern, £99, Nordic House; (on right) lantern, £20, George Home, red lantern, £9, Ikea. Bucket (holding tree), £38, Hen & Hammock. Lights, from a selection, Lights4fun. Gift wrap, from a selection, Caroline Gardner and Paperchase. Ribbon, from a selection, Berisfords, VV Rouleaux. INSIDE Smokey Mountain tree, £409.99, Hayes Garden World. Decorations, from a selection, Gisela Graham



RIGHT-HAND PAGE
ON MANTEL, FROM LEFT Cards, £22 for 12 mixed, Cutture. Pillar candles, £12.76 each, St Eval Candle Company. Red tea lights, £2.99 each, Yankee Candle. Baubles, £2.99, Gisela Graham. Roses, £3.50 a stem, and garlands, all David Austin, from a selection at The Real Flower Company. ON TABLE Biba deco dinnerware, from £10 for a side plate, House of Fraser. Brushed Gold cutlery, £16 for a four-piece place setting, Rockett St George. Mini crackers, £7 for eight, Talking Tables. Gold rose, £5.95, VV Rouleaux. Runner, £20, and faceted gold platter (holding fruit), £20, Next Home. IN GOLD PLATTER Dove decoration, from a selection, Gisela Graham. Tablecloth, £80, and napkins, £10 each, all Heal's. Pineapple salt and pepper shakers, £17 a set, Oliver Bonas. Gold spot champagne flutes, £10 for four, and wine glasses, £10 for four, all Wilko. Gold spot tumblers, £5 for two, George Home. Ribbed tea light holders, £15 for a set of three, Hen & Hammock. Georg Jensen gold candle holder (far left), £85, Heal's. Small gold bowl, £189, Alessi. Champagne bucket, £12, Next Home

ADDITIONAL WORDS: GRACE ALLEN

DECK THE HALLS

Add a couple of votives to your hall table, and hang stockings from the bannisters

FROM TOP Gift wrap, from a selection at Cath Kidston, Paperchase and Caroline Gardner. Ribbon, from 70p a metre, Berisfords. Holly garland, £19.99, Dobbies. ON GARLAND Fairy lights, from a selection at Lights4fun. Stockings, £59.99 each, all Liberty. Book, £12.99, Paperblanks. ON TABLE Frosted berry and pine cone wreath, £35, John Lewis. Pine cone garland, £19.99, Gisela Graham. Crackers, £45 for a set of six, Celebration Crackers. Reindeer, £7, Talking Tables. Angels, £19.99 and £27.99, Gisela Graham. Tea light holders, £15 for a set of three, Hen & Hammock



WHERE TO BUY

- Alessi (alessi.com)
- Berisfords (berisfords-ribbons.co.uk)
- Bhs (bhs.co.uk)
- Caroline Gardner (carolinegardner.com)
- Cath Kidston (cathkidston.com)
- Celebration Crackers (celebrationcrackers.co.uk)
- Chesney's (chesneys.co.uk)
- Cutture (cutture.com)
- Dobbies (dobbies.com)
- Debenhams (debenhams.com)
- Emma Bridgewater (emmabridgewater.co.uk)
- Falcon (falconenamelware.com)
- Farrow & Ball (farrow-ball.com)
- Fortnum & Mason (fortnumandmason.com
- Gail's Bakery (gailsbread.co.uk)
- George Home (direct.asda.com)
- Gisela Graham (giselagraham.co.uk)
- Habitat (habitat.co.uk)
- Hayes Garden World (hayesgardenworld.co.uk)
- Heal's (heals.com)
- Hen & Hammock (henandhammock.co.uk)
- House of Fraser (houseoffraser.co.uk)
- I&JL Brown (brownantiques.com)
- Ian Mankin (ianmankin.co.uk)
- Ikea (ikea.com)
- James Hare (james-hare.com)
- Joanna Wood (joannawood.co.uk)
- John Lewis (johnlewis.com)
- Jonathan Adler (uk.jonathanadler.com)
- Konditor & Cook (konditorandcook.com)
- Laura Ashley (lauraashley.com)
- Liberty (liberty.co.uk)
- Lights4fun (lights4fun.co.uk)
- Marks & Spencer (marksandspencer.com)
- National Gallery (nationalgallery.co.uk)
- Next Home (next.co.uk)
- Nordic House (nordichouse.co.uk)
- Oka Direct (okadirect.com)
- Oliver Bonas (oliverbonas.com)
- Osprey (ospreylondon.com)
- Paperblanks (paperblanks.com)
- Paperchase (paperchase.co.uk)
- Phillippa Craddock (philippacraddock.com)
- Rockett St George (rockettstgeorge.co.uk)
- Sainsbury's (sainsburys.co.uk)
- Scarlet & Violet (scarletandviolet.com)
- Snowden Flood (snowdenflood.com)
- Sofa.com (sofa.com)
- St Eval Candle Company (stevalcandlecompany.co.uk)
- Talking Tables (talkingtables.co.uk)
- Tesco (tesco.com)
- The Contemporary Home (tch.net)
- The Real Flower Company (realflowers.co.uk)
- Urbanara (urbanara.co.uk)
- Villeroy & Boch (villeroy-boch.co.uk)
- VV Rouleaux (vvrouleaux.com)
- Walton & Co (waltonsofyorkshire.co.uk)
- Wilko (wilko.com)
- Wyevale (wyevalegarden centres.co.uk)
- Yankee Candle (yankeecandle.co.uk)

SEBO

Made in Germany

Add a BOOST to your cleaning



Introducing the NEW SEBO X4 PET BOOST

The **SEBO X4 PET BOOST** delivers outstanding cleaning day after day with ease. However, it has something special up its sleeve. For those situations where you want a bit more oomph to your cleaning, say stubborn pet hair, press the boost button on the **SEBO X4 PET BOOST** and it will give you a deeper clean and extra pile lifting power.

The SEBO X4 PET BOOST.
Tough on dirt.

FREE 5 YEAR GUARANTEE

ALL ROUND PERFORMANCE HARD FLOOR CARPET UPHOLSTERY

SEAL OF APPROVAL

APPROVED BY Axminster carpets | Beautiful British Design

01494 465533 **info@sebo.co.uk**

For a chance to win a SEBO vacuum cleaner, enter our monthly draw at:

www.sebo.co.uk



Christmas trees
NOT A PINE NEEDLE IN SIGHT!

Everlasting Christmas trees should be realistic, easy to put up and look good year after year. In our annual search to find the best artificial spruce in the land, the GHI elves tried out 27 trees to find their Christmas crackers... Here are the best (left to right, above)

John Lewis Champagne Gold Tree £180, 7ft
This sparkly number jingled everyone's bells. The muted shade is beautiful, and won't overwhelm a room.

Dobbies Cranmer Prelit Tree
£169.99, 5ft 9in
A twinkling, prelit tree. Be warned: our testers found the tree shed a lot of glitter as it was put up. Stockist: dobbies.co.uk

Balsam Hill Chelsea Flatback Tree
£329, 7ft
Clever! A tree with a flat back to take up less space. But... it took more than 10 minutes to put up. Stockist: balsamhill.com

Marks & Spencer Snowy Wood Tree
£125, 6ft
Simple to put up, with a natural snowy dusting. But some branches were tightly packed and needed a lot of undoing.

Selfridges Pencil Pine Tree £85, 6ft
No room for a tree? This one is narrow – at max, 50cm. Not as stable as some, but the colour is chic. Also available in black.

Festive flowers

Good Housekeeping Institute TRIED & TESTED

Which celebration bouquets have the wow factor and can last the 12 days of Christmas? We assessed more than 30 to find out...



92/100

Morrisons Winter Wonderland Bouquet

£30 for 38 stems (79p each)

5 white snow chrysanthemum; 5 white Avalanche roses; 4 glittering eucalyptus; 5 icy blue eryngium; 5 germini café; 6 Christmas picks; 3 silver asparagus fern and 5 stems of natural greenery.

VERDICT Sumptuous, glittery display that uses a lovely combination of less traditional colours. Generous quantity of flowers and decorations for the price. Lasted the full 12 days.

WORTH A MENTION: M&S Grand Luxe Bouquet £50; 89/100. Lakeland Luxury Christmas Bouquet £59.99; 84/100. Debenhams Christmas Wishes £31.99; 82/100

83/100

M&S Joyful White Bouquet

£15 for 15 stems (£1 each)

3 glittered white bloom chrysanthemum Anastasia; 3 pine cones painted white; 4 white roses; 3 laurel painted silver; 2 stems of *Eucalyptus robusta*

VERDICT A simple but stunning bouquet that certainly has the wow factor. The Anastasia chrysanthemums and white roses were great quality for the price. Lasted 10 days.

WORTH A MENTION: Aldi Specially Selected Luxury Christmas Bouquet £15; 82/100. Lidl Golden Shimmer Bouquet £8; 77/100. Lidl Christmas Wishes Bouquet £10; 73/100

WORDS AND TESTING: PATRICIA SCHOFIELD

Crackers

MAKE LUNCH GO WITH A BANG!

We pulled 24 crackers, read endless knock-knock jokes and wore our paper crowns with pride in order to bring you the best.

John Lewis Snowdrift Reindeer Crackers

£12 for six

GIFTS INCLUDE: An egg cup and a tape measure in a metal silver finish



The luxe embellishments and genuinely useful gifts make these a winner.

Talking Tables Photo Booth Crackers

£11 for six

GIFTS INCLUDE: Novelty moustaches and glasses



These fancy-dress themed crackers come with a photo frame to create fun family photos – helps fill in the time before the Queen's Speech!

STOCKIST: talkingtables.com

Paperchase Sprout Crackers

£13 for six

GIFTS INCLUDE: Mini magic tricks



Even the most anti-Brussels sprout fans couldn't object to these cute crackers. Great for kids.

Williams & Bennett Crackers

£34.95 for six

GIFTS INCLUDE: Five individually wrapped Oreo cookies.



Incredibly heavy crackers thanks to the green and red foil-wrapped Belgian chocolate-coated Oreos from the American chocolate maker Williams & Bennett. The down side? No snap, joke or hat.

STOCKIST: Harrods (harrods.com)

Morrisons Family Crackers

£4 for twelve

GIFTS INCLUDE: Plastic pencil sharpener and paper clips – and the obligatory palm-reading fish!



These Scandi-patterned beauties are exceptional value, at just over 33p a pull.

Meri Meri Crackers

£19.95 for six

GIFTS INCLUDE: Mini games such as skittles and dice



A high-quality banger with an eye-catching design that would add cheer to any table.

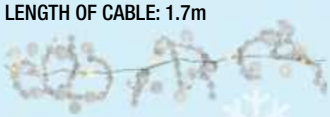
STOCKIST: Liberty (liberty.co.uk)

Let there be lights

Deck the halls (and everywhere else!) with strings of fairy lights. We tested 22 to find those with the perfect glow...

Next LED Sparkle Line Lights £10

BULBS PER STRING: 64
LENGTH OF CABLE: 1.7m



Thanks to the battery pack, you can weave these sparkly lights around your place settings on the Christmas table.

Dotcomgiftshop Festoon Colour Lights £39.95

BULBS PER STRING: 10
LENGTH OF CABLE: 7.8m



Suitable for indoor as well as outdoor use, the large bright bulbs remind us of those you see in Parisian cafés.

House of Fraser Linea Mercury Glass Bell Lights £30

BULBS PER STRING: 10
LENGTH OF CABLE: 2m



The mottled-grey effect on the glass makes these stylish lanterns look vintage.

Paperchase White Angel Lights £10

BULBS PER STRING: 10
LENGTH OF CABLE: 2m



These battery-operated white tin angels may not emit a lot of light but they're eye-catching.

John Lewis Soft White Waterfall Lights £75

BULBS PER STRING:

640 mini LED lights
LENGTH OF CABLE: 5m



A multi-stranded string with a lovely pearly light. Keep strands together at treetop, then separate to dress tree downwards.

Wilko White Lights £15

BULBS PER STRING: 150
LENGTH OF CABLE: 14m



Unusually, these white lights are strung on a white wire – great on a snow-dusted tree.

WORDS AND TESTING: NATHALIE BONNEY

READY TO CELEBRATE

Get your party started, and your home looking gorgeous in time for Christmas, at Furniture Village



Setting the scene: Parquet extending dining table with four chairs, £895, bench, £159

HAVE AN EXTRA 10% OFF!

Take this page into your nearest store or use code GOODHSE10 online for 10% off sale prices. Offer valid until 31 January 2016. Visit furnituretvillage.co.uk for more information.

You'd treat yourself to a new hairstyle or an updated LBD to get ready for the party season, so why not give your home a makeover, too?

A brilliant party begins with a brilliant setting. And Furniture Village offers beautiful collections for living, dining and sleeping to help your home look its best for the season – and beyond. Its award-winning ranges benefit from years of experience and craftsmanship, and feature real attention to detail. Best of all, the furniture you choose can be delivered in time for Christmas*.

This oak Parquet dining set, for example, features an inlaid wood design set off by crisp white paintwork. The table is extendable, too – and, with the addition of the optional bench, you'll be ready when your guests arrive.

Visit furnituretvillage.co.uk today – with new-season sale prices and Christmas delivery, it's the ideal time to treat your home.

Furniture Village
Living + Dining + Sleeping

*SUBJECT TO AVAILABILITY, SEE FURNITUREVILLAGE.CO.UK

ALL *the* TRIMMINGS

When it comes to festive finery, do you go for pared-back retro, gorgeous gold, a natural look or a full-on traditional theme? Well, here's the news – this year, any style goes. All you have to do is pick your trend from our GH Christmas edit...



TRUE BLUE

An unexpected palette, but rich shades of blue look dramatic and opulent paired with glimmering gold decorations and fairy lights.

Eltham Chair in Lasenby, £649, pre-lit 6ft blue spruce tree, £175, gold tree topper, £10, Conran Kitson coffee table, £299, triangular hurricane lamp, £29.50, glass and metal hurricane lamp, £29.50, plume candle, £9.50, decorations, from a selection, from £3 each, string of 80 warm white lights (on bike), £19.50, gift wrap and ribbon, from a selection, all Marks & Spencer



NATURAL BEAUTY

Sometimes less is more: dark green foliage mixed with simple white decorations looks amazing with a collection of lanterns.

Fir & Snowberry 6ft garland, £70, and Lantern Bauble fairy lights, £35, square Nordic lanterns, £5-£35 each, tall vintage lantern, £110, battery-operated tea lights, £12 for six, basket, £40, small faux pine tree, £25, mini porcelain bells, £12 for 16, all-over Glitter gift wrap, £10 for three sheets, Paisley patterned gift wrap, £8 for three sheets, and wide concertina ribbon, £8 for 4m, all The White Company (thewhitecompany.co.uk)

Decorate your hallway to give guests a warm welcome. Group lanterns (battery operated, for safety) for maximum impact and fill baskets with fragrant foliage

Be uninvited.
Be cosy.
Be Bensons.





Be in the right bed for you.

In today's fast paced world the value of a great night's sleep is more important than ever. But how do you find the bed that's right for you? Our unique Comfort Station™ Adaptive system is designed to help you do just that.

First it adjusts to different firmness levels to find the one that's just right for you. Then our exclusive BodiTrack™ technology with its unique pressure-sensing surface identifies where your body needs support, helping you choose the mattress type that will provide the support you need for a better night's sleep.

Visit our Comfort Station™ Adaptive in store or book an appointment online at bensonsforbeds.co.uk.



COSY CABIN

Create a welcoming and festive atmosphere in your living room with rustic wooden furniture, a generous-sized Christmas tree and natural touches. A wood-burning stove adds to the atmosphere.

6.5ft tree, £180, decorations, from £6 each, Fairisle and grey robin gift wrap, both £5 for 3m; on table: Fairisle crackers, £25 for six, candle holder, £12, reindeer head tea light, £16, tea light in golden glass, £12, deer snow globe, £25, house decoration, £8, feather owl decoration, £6, candle (just seen), £20, all Linea; Plantation Rug Co Serengeti rug, £100, Biba faux wolf skin throw, £140, all House of Fraser


What you smell.
What your guests smell.
febreze
Air Effects
Have you gone noseblind?
Febreze truly eliminates odours and leaves a light Christmas scent.
febreze
ambi pur
Breathe Happy



GO FOR GOLD

Opt for black tableware and contrasting glossy gold decorations for a sophisticated, Art Deco-style festive look.

Luna 12-piece dinner set, £25, Midas 16-piece cutlery set, £20, wine glasses, £7 for two, martini glasses, £4 for two, copper candle holder, £7, candelabra, £12, Small star tea light holders, £1.50 each, candles, from £3 each, baubles, from £1 each, foil stars, £2 each, all George Home at Asda (direct.asda.com)

Dot candles of different sizes and varying heights around your dining table to create a warm and inviting space

Smart fashion * Beauty investigations * Sex & relationships
Workouts & wellness * Sharp career advice * Inspiring food & travel



NEW-LOOK COSMOPOLITAN

SHARPER. SMARTER. BOLDER.

December issue ONLY £1 On sale 3 November



TOUCH OF TRADITION

Classic red and gold details will instantly conjure up a festive look that's timeless yet fresh.

Washington tree, £379.99, decorations, from £1.79 each, luxury wreath, £29.99, frosted silver garland (around mirror), £29.99, luxury berry and pine cone garland, £29.99, gift wrap, from £2.49 a roll, Christmas cards, from a selection, all Wyevale Garden Centres (wyevale gardencentres.co.uk). All other items, stylist's own

FEATURE: GRACE ALLEN

Good Housekeeping

The UK's Number One Women's Lifestyle Magazine

Subscribe to the digital edition of Good Housekeeping magazine for instant access to all the best recipes, health advice, beauty and fashion expertise, tried, tested and trusted product reviews, great inspiration for your home and real life inspirational stories.



Available on the App Store

SUBSCRIBE NOW ON THE APPLE NEWSSTAND

Now on even MORE devices!



GO digital

- Carry your whole library in your pocket
- Easy searchable content
- Bookmark your favourite features
- Great savings by subscribing!

Available on the App Store | GET THE MAGAZINE ON Google play | amazon apps Available on kindle fire | nook | Available on zinio

Unilever

RESCUING *the* BLAND



GOOD FOOD

39 pages of recipes & advice

Good Housekeeping Institute TRIED & TESTED

One sentence recipe

Last-Minute Cranberry Mincemeat

This jewelled mincemeat makes about 375g (13oz), or enough to fill 12 mince pies.

Put **150g (5oz) fresh or frozen cranberries**, **60g (2½oz) dark brown soft sugar**, **150g (5oz) sultanas**, finely grated **zest and juice of 1 orange**, **½tsp ground cinnamon** and **75ml (3fl oz) ruby port** into a large pan, then bring to the boil and simmer (stirring occasionally) for 5min; cool and use as needed.



A SPECIAL DINNER
GH Cookery Director Meike Beck creates an enchanting Christmas menu



CHRISTMAS DINNER NOVICE?
Join England Lioness Claire Rafferty and follow our step-by-step guide to success

DREAMING OF A WHITE CHRISTMAS
Create a Winter wonderland with stunning cakes and confections



Plus Alternative festive mains from our favourite chefs

RECIPE AND FOOD STYLING: MEIKE BECK. PROP STYLING: OLIVIA WARDLE. PHOTOGRAPHY: MIKE ENGLISH. ADDITIONAL PHOTOGRAPHY: GARETH MORGANS, CHARLIE RICHARDS



From our table to YOURS

The Christmas Lunch has always been a big favourite for GH Cookery Director Meike Beck. But now, with the arrival of her baby boy, it's a family affair. We asked Meike to create her ultimate festive menu, full of tradition but with a modern twist...

Good Housekeeping Institute TRIED & TESTED

PHOTOGRAPHY **GARETH MORGANS**

Menu to serve 8

Walnut and Stilton Macarons
Celeriac and Thyme Soup
Sausage Crackers

✶ ✶ ✶ ✶ ✶

Salmon Millefeuille

✶ ✶ ✶ ✶ ✶

Honey-Glazed Turkey with Gravy
Maple Pecan Stuffing Cake
Forked Roast Potatoes
Jewelled Sprouts, Squash and Kale Gratin
Roasted Clementine Roots
Brioche Bread Sauce, Spiced Cranberry Sauce

✶ ✶ ✶ ✶ ✶

Spinach Roulade (V)

✶ ✶ ✶ ✶ ✶

Pear and Ginger Christmas Pudding
(recipe in our November 2015 issue and online)
Brandy and Orange Sauce

Honey-Glazed Turkey with Gravy

This has always been a special time for me. But now that my son is old enough to experience Christmas, I can't wait! I've created many festive menus for GH, but now I'm looking forward to a family feast of my own and Christmas Lunch has taken on a new importance. I hope Willoughby will grow up loving the big day as much as we do – and perhaps, one day, he will pass on our magical memories to his own children. Happy Christmas!

Meike


Meike and Willoughby





YOUR ESSENTIAL GET-AHEAD PLAN

From a few days up to a month ahead

Prepare according to the get-ahead instructions, then label and store/freeze:

- GH Pear and Ginger Christmas Pudding
- Brioche Bread Sauce
- Spiced Cranberry Sauce

The day before

Transfer to the fridge to thaw:

- Brioche Bread Sauce
- Spiced Cranberry Sauce

Prepare according to the get-ahead and storage instructions in the recipes:

- Walnut and Stilton Macarons shells and filling
- Celeriac and Thyme Soup (and pastry spoons)
- Sausage Crackers
- Salmon Millefeuille
- Maple Pecan Stuffing Cake (make double if needed to stuff turkey and to make a stuffing cake)
- Forked Roast Potatoes
- Honey-Glazed Turkey with Gravy
- Spinach Roulade (if making)
- Jewelled Sprouts
- Squash and Kale Gratin
- Brandy and Orange Sauce

CHRISTMAS DAY TIME PLAN

Find it at: **goodhousekeeping.co.uk/food/christmas-2015-timeplan**

Walnut and Stilton Macarons

These savoury macarons (strange, but true!) are moreish and certain to impress.

Hands-on time **1hr**, plus resting and cooling. Cooking time **about 25min**. Makes **26-30** filled macarons

- **125g (4oz) icing sugar**
- **60g (2½oz) ground almonds**
- **60g (2½oz) walnut pieces**
- **100g (3½oz) egg whites at room temperature (about 3 eggs)**
- **75g (3oz) caster sugar**
- **1tsp fine sea salt**

FOR THE FILLING

- **200g (7oz) full-fat cream cheese**
- **100g (3½oz) Stilton, at room temperature**

1 Line two large baking trays with baking parchment. On the parchment, draw 3.5cm (1⅓in) circles to fit, spaced 1.5cm (⅔in) apart. Flip parchment over so ink is on the bottom.
2 Put icing sugar and nuts into a food processor and whiz until finely ground. Work mixture through a fine sieve into a large bowl – rubbing it against the sieve with your hands is easiest. This is hard work but needs to happen! There should only be about 40g (1½oz) left in the sieve that won't go through. Reserve this.
3 In the bowl of a freestanding mixer, whisk egg whites, caster sugar and salt on high speed for 8min (set a timer) – the mixture will look like shaving foam. If you don't have a freestanding mixer, use a handheld electric whisk and beat for 10min.
4 Add meringue to the sieved nut bowl and use a large spatula to stir, patting mixture against the side of the bowl – you're not folding like traditional meringue, but stirring and patting gently – deflating some of the air. Keep folding until mixture loosens – when you lift the spatula out, the mixture leaves a trail that disappears after 30sec.
5 Scrape into a piping bag fitted with a 1cm (½in) plain nozzle. Holding bag vertical, pipe mixture on to the baking trays, within the circles. Firmly tap each sheet against the work surface a few times (keeping tray flat) to help burst any air bubbles. Sprinkle each macaron lightly with some of the reserved coarser nuts. Leave macarons to rest for 1hr or until they form a slight skin and the surface does not stick to your finger.
6 Preheat oven to 130°C (110°C fan) mark ½. Bake for 25min or until firm to the touch. Cool completely on trays.
7 Meanwhile, make the filling. Mash the cream cheese and Stilton together with a fork until smooth. Cover and set aside.
8 To assemble, lift macarons off trays with


Walnut and Stilton Macarons
Celeriac and Thyme Soup
Sausage Crackers

[CONTINUED FROM PREVIOUS PAGE] a palette knife. Pipe or spread some of the filling on to the base of half the macarons and sandwich together with the remaining macarons. Serve.

PER CANAPÉ 98cals, 2g protein, 7g fat (3g saturates), 7g carbs (7g total sugars), 0.2g fibre

GET AHEAD Make macaron shells and filling up to 1 day ahead. Store shells in an airtight container at room temperature. Store filling in a covered bowl/piping bag in fridge. Allow filling to come to room temperature before completing step 8 up to 1hr ahead.

Celeriac and Thyme Soup

Our whimsical pastry spoons add fun and crunch to this seasonal soup.

Hands-on time **30min**, plus cooling. Cooking time **about 45min**. Makes **1 litre (1¾ pint)** soup and **16 spoons**.

- **1tbsp oil**
- **1 onion, finely chopped**
- **1 garlic clove, crushed**
- **400g (14oz) celeriac (peeled weight), cut into 2.5cm (1in) pieces**
- **800ml (1⅓ pint) vegetable stock**
- **4 thyme sprigs, plus thyme leaves to garnish**
- **50ml (2fl oz) double cream**
- **Truffle oil, optional, to garnish**

FOR THE PASTRY SPOONS

- **320g shortcrust pastry sheet**
- **1 medium egg, beaten**
- **Sesame seeds, to sprinkle**
- **Grated Parmesan, to sprinkle**

1 Heat oil in a medium pan and fry onion for 10min until soft. Add garlic and fry for 1min. Stir in celeriac, stock, thyme and seasoning. Bring to the boil and simmer for 15min or until celeriac is tender.

2 Meanwhile, make the pastry spoons. Preheat oven to 190°C (170°C fan) mark 5. Unroll pastry and, using kitchen scissors, cut out teaspoon shapes. Arrange on a baking sheet lined with parchment paper and brush with beaten egg. Sprinkle sesame seeds on to handles, and pile a little Parmesan on to the spoon heads. Cook in oven for 15min until golden brown. Cool.

3 Lift out and discard thyme sprigs from the soup pan and blend mixture until smooth. Return to a clean pan, stir in cream and check seasoning.

4 To serve, reheat soup and divide among coffee cups. Garnish with a drizzle of truffle oil, if using, thyme leaves and pepper. Serve with pastry spoons.

PER SERVING (50ml/2fl oz soup and 1 spoon) **43cals, 1g protein, 3g fat (1g saturates), 2g carbs (0g total sugars), 0.3g fibre**

GET AHEAD Prepare to end of step 3 up to a day ahead. Transfer soup to a container, cool, cover and chill. Keep cooled spoons in an airtight container at room temperature. To serve, refresh spoons on a baking sheet in a preheated 190°C (170°C fan) mark 5 oven for 5min. Meanwhile, reheat soup (thin with water if needed). Complete recipe.

Sausage Crackers

Cocktail sausages are an all-time favourite, and these have a festive twist.

Hands-on time **20min**, plus cooling. Cooking time **about 20min**. Makes **16**

- **4-5 sheets filo pastry, we used Jus-Rol**
- **Oil, to brush**
- **16 raw cocktail sausages**
- **8tsp onion marmalade**
- **Poppy seeds, optional**

1 Preheat oven to 190°C (170°C fan) mark 5. Working with one pastry sheet at a time (keep others covered with a damp tea towel to stop them drying out), brush scantly with oil. With a long edge nearest you, cut the oiled filo into vertical strips, 5cm (2in) wider than your sausages are long.

2 Position a sausage centrally at the bottom of each strip, and top each with ½tsp onion marmalade. Roll up from the sausage ends, pinching pastry ends tightly to look like crackers. Arrange on a baking tray.

3 Repeat with remaining filo, oil, sausages and marmalade. Brush tops of crackers lightly with oil. Sprinkle over poppy seeds, if using.

4 Cook in oven for 20min or until golden and the sausages are cooked through. Allow to cool for 5min before serving.

PER CANAPÉ 92cals, 2g protein, 4g fat (1g saturates), 11g carbs (3g total sugars), 0.6g fibre

GET AHEAD Prepare to end of step 3 up to a day ahead. Cover tray with foil and chill. Complete recipe to serve.

Salmon Millefeuille

Cucumber jellies add a modern edge to this salmon starter.

Hands on time **45min**, plus cooling and (overnight) chilling. Cooking time **about 5min**. Serves **8**

- **About 600g (1lb 5oz) smoked salmon in long slices**

FOR THE JELLY

- **1 cucumber, unpeeled**
- **2tbsp chopped fresh dill, plus extra to sprinkle**
- **5 leaves gelatine, we used Costa Fine-Leaf**
- **Juice of ½ lemon**
- **Oil, to grease**

FOR THE FILLING

- **500g (1lb 2oz) full-fat cream cheese**
- **Finely grated zest and juice of 1 lemon**
- **150g (5oz) hot smoked salmon, skinned and flaked**

1 To make jelly, trim ends off cucumber; roughly chop. Whiz in a food processor with the dill and 100ml (3½fl oz) water until the mixture is as smooth as you can get it, then empty into a pan. Submerge gelatine in mixture; leave to soften for 5min.

2 Heat cucumber mix, stirring occasionally, until gelatine dissolves. Meanwhile, sit a sieve over a large jug; line with a layer of kitchen paper. Stir lemon juice and large pinch of salt into cucumber mix. Strain through paper-lined sieve, allowing it to drip through. Set aside to cool.

3 Line a loaf tin, or small serving dish, with a double layer of clingfilm; lightly grease with oil. Pour in cucumber mix, sprinkle with a little dill. Chill until set.

4 For the salmon millefeuille, put filling ingredients into the (cleaned-out) food processor and whiz until smooth. Check seasoning and set aside.

5 Line a 900g (2lb) loaf tin with a double layer of clingfilm, making sure there is excess hanging over the sides. Line tin with a layer of smoked salmon slices, overlapping slightly to cover (leave some excess hanging over sides of tin).

6 Spoon in one-third of the filling and level. Top filling with a single layer of smoked salmon. Repeat layering twice more, ending with a smoked salmon layer. Fold salmon hanging over edge of tin into the middle and cover with clingfilm. Chill for at least 5hr, or ideally overnight.

7 Remove top clingfilm from salmon and invert on to serving plate. Lift off tin and peel off clingfilm. Invert jelly on to a board and cut into 1.5cm (⅝in) cubes; arrange around terrine. Sprinkle with dill. Serve terrine in slices (use a serrated knife), with jellies and toasts, if you like – we cut our toasts into Christmas tree shapes.

PER SERVING (without toasts) **416cals, 27g protein, 34g fat (19g saturates), 1g carbs (1g total sugars), 0.3g fibre**

GET AHEAD Make to end of step 6 up to a day ahead. Complete to serve.

And to drink...

GH Wine Expert Richard Ehrlich's pick for our salmon starter: 'The richness of this dish makes me think of one wine type – a lightly oaked Chardonnay, and ideally a white Burgundy. Waitrose White Burgundy will do the job nicely at £8.99 (13% ABV), delivering character and crisp fruit mellowed by oak.'


Get-ahead
starter


Star of the show

Honey-Glazed Turkey with Gravy

Spend as much as you can on your bird – not only will it have had a better standard of living, but the texture and flavour of the meat will be noticeably superior.

Hands-on time **30min**, plus coming up to room temperature and resting. Cooking time **about 3½hr**. Serves **8**, with leftovers

- **5.4kg (12lb) free-range turkey**
- **1 quantity Maple Pecan Stuffing (see next page; to end of step 2)**
- **2 lemons, skin on, sliced**
- **2 onions, skin on, sliced**
- **20g pack fresh sage, plus optional extra to garnish**
- **2tbsp olive oil**

FOR THE GLAZE

- **50g (2oz) butter, melted**
- **2tbsp runny honey**
- **1tbsp Dijon mustard**

FOR THE GRAVY

- **25g (1oz) plain flour**
- **400ml (14fl oz) chicken stock**
- **2tbsp whisky**
- **2tbsp runny honey**

1 Remove turkey from the fridge 1hr before cooking to let it come up to room temperature.
2 Preheat oven to 190°C (170°C fan) mark 5. Put turkey breast-up on a board and use tweezers to pluck out any stray feathers. Pat dry with kitchen paper. Lift up the neck flap and use your fingers to ease the skin gently away from some of the breast meat. Put the stuffing inside the neck cavity. Turn the turkey over on to its breast, pull the neck flap down and over the stuffing and secure with a skewer or cocktail sticks. Weigh the turkey and calculate cooking time, allowing 30-35min per kg (2lb 3½oz).
3 Make a trivet in a large sturdy roasting tin with some of the lemon and onion slices, and put the rest, along with the sage, into the turkey's central cavity. Tie the turkey legs together, rub the oil over the bird and season. Cover tin loosely with foil.
4 Roast for calculated time, basting occasionally (add a little water to tin if base is catching), removing foil for last 45min of cooking. At the same time as removing the foil, mix together the glaze ingredients and paint over the bird. If you find the skin is browning too quickly, cover again with foil.
5 To check the turkey is cooked, insert a fork into the thickest part of the thigh and check the juices run golden and clear. If there's any red tinge to the juice, return the bird to the oven and keep checking every 10-15min. Alternatively, use a meat thermometer – the temperature needs to read 72°C when inserted into the thickest part of the breast.
6 Transfer turkey to a board (set aside the roasting tin for gravy), and cover well with foil and clean tea towels to help keep the heat in. Leave to rest in a warm place for at least 30min or up to 1¼hr.
7 Make the gravy. Spoon any excess fat out of roasting tin, leaving behind the roasting remains. Put tin over medium hob heat and whisk in flour. Cook, whisking, for 1min. Gradually whisk in the stock (scraping up all the sticky bits from the base of the tin) and leave to bubble for a few min. Next, whisk in the whisky and honey and leave to simmer, whisking occasionally, for a couple of minutes. Strain into a warmed gravy jug or a clean pan (to reheat when needed). Check seasoning.
8 To serve the turkey, unwrap and transfer to a warm platter. Remove skewer or cocktail sticks and garnish with sage and Forked Roast Potatoes, if you like. Serve with the gravy (reheated if needed).

PER SERVING (125g/4oz meat with 50ml/2fl oz gravy, excluding stuffing) **276cals, 41g protein, 9g fat (3g saturates), 5g carbs (3g total sugars), 0g fibre**

GET AHEAD Prepare to end of step 3 up to a day ahead. Chill. To serve, allow the stuffed turkey to come up to room temperature before roasting.

'Like adding to a charm bracelet, every Christmas I buy a new ornament to hang on the tree that reminds me of the year gone by'



'I spend a lot of the year wishing it was Christmas – and now I can relive the childhood magic!'



Time for a new Christmas tradition?



Cheesed off with your pickle? Tired of the same old condiments?

Try something different this Christmas with our naturally delicious chutneys, condiments and NEW Proper Pickles. Packed full of flavour and the perfect amount of punch, they'll add a whole new twist to your festive food.

For festive recipes and inspiration visit **www.englishprovender.com**

The English Provender Co.

Maple Pecan Stuffing Cake

This quantity makes one 20.5cm (8in) 'cake' of stuffing. The same quantity of stuffing can also be used to stuff your bird, so if you want both a cake and stuffed turkey, you'll need to make double.

Hands-on time **30min**, plus cooling. Cooking time **about 1hr 10min**. Serves **8**

- **1tbsp olive oil**
- **1 onion, finely chopped**
- **2 celery sticks, finely chopped**
- **450g pack sausagemeat**
- **2tbsp maple syrup, plus extra to brush**
- **50g (2oz) pecans, roughly chopped**
- **50g (2oz) dried cranberries**
- **50g (2oz) fresh white breadcrumbs**
- **1 medium egg, lightly beaten**
- **Large handful fresh parsley, roughly chopped, plus extra to garnish**
- **8 rashers smoked streaky bacon**

1 Heat the oil in a medium frying pan and gently fry onion and celery for 10min until softened. Tip into a large bowl and leave to cool.
2 To the cooled onion mixture, add the sausagemeat, maple syrup, pecans, cranberries, breadcrumbs, egg, parsley and some seasoning. Mix to combine (using your hands is easiest).
3 Preheat oven to 190°C (170°C fan) mark 5. Stretch each bacon rasher gently lengthways, then lay in a criss-cross pattern in base of a 20.5cm (8in) round sandwich tin – leaving any excess hanging over sides.
4 Press the sausage mixture into the cake tin, being careful not to disturb the bacon. Level the surface and fold any excess bacon over the filling.



5 Sit stuffing tin in a roasting tin (to catch any leaking juices). Cook in the oven for 40min or until golden and cooked through. Carefully pour off excess liquid, then turn cake out on to a baking sheet (bacon side up).
6 Brush bacon with some maple syrup to glaze, then return to the oven for 15-20min to brown slightly. Transfer to a plate or board and sprinkle with extra parsley. Serve in wedges.

PER SERVING **362cals, 13g protein, 25g fat (8g saturates), 19g carbs (9g total sugars), 2g fibre**

GET AHEAD Prepare to end of step 4 up to a day ahead. Cover and chill. Prepare to end of step 5 up to 2hr ahead. Complete recipe to serve.

And to drink...

Wine Expert Richard Ehrlich's choice to accompany the turkey and all the trimmings: 'Turkey can usually swing to either white or red – but not in this case. These big flavours beg for red, and ideally something with a decent whack of oaky flavour. Rioja is a good turkey wine, and Asda's Extra Special Gran Reserva 2004, £9.97, delivers a lovely package of rounded spice and vanilla at a very reasonable price for this level of quality (13.5% ABV).

GOT TWO VERY FUSSY 12 YEAR OLDS COMING OVER FOR TEA?

WE'VE GOT A RICE FOR THAT.

Kids eh? Who can keep up with what they do or don't like? So why not keep a selection from our Heat and Eat rice range handy? The delicious flavours are always a hit, not only with the kids, but adults too.

For recipe ideas from Madras to Milan visit www.wevegotariceforthat.com



Spinach Roulade

An eye-catching offering that is served at room temperature, so no last-minute stress. Check the cheese you are using is suitable for vegetarians.

Hands on time **40min**.
Cooking time **about 15min**.
Serves **8**

- **400g (14oz) baby-leaf spinach**
- **6 medium eggs, separated**
- **3tbsp plain flour**
- **1tsp baking powder**
- **¼tsp grated nutmeg**
- **40g (1½oz) vegetarian Parmesan-style hard cheese – we used Divo – plus extra to garnish**
- **500g (1lb 2oz) ricotta**
- **3tbsp chopped fresh chives**
- **1 red pepper, deseeded and finely chopped**
- **25g (1oz) chopped roasted hazelnuts, plus extra to garnish**



Vegetarian centrepiece

1 Preheat oven to 190°C (170°C fan) mark 5 and line a rough 23 x 33cm (9 x 13in) Swiss roll tin with baking parchment. Empty the spinach into a large pan, add 50ml (2fl oz) water and cook, stirring frequently, until spinach wilts. Empty into a colander and cool under cold running water.

2 Lift out handfuls of spinach and firmly squeeze out excess moisture. Put spinach into a food processor with the egg yolks, flour, baking powder, nutmeg and some seasoning. Whiz until spinach is finely chopped. Scrape into a large bowl.

3 In a separate large bowl, whisk the egg whites until they hold stiff peaks. Mix one-third of the whites into the spinach bowl to loosen, then fold in the remaining whites, retaining as much air as possible.

4 Spread mixture into prepared tin and cook for 12-15min or until firm to the touch and lightly golden. Meanwhile, sprinkle the Parmesan-style cheese over a large sheet of baking parchment on a work surface.

5 When cooked, invert the spinach tin on to the prepared baking parchment, remove tin and allow roulade to cool.

6 To make the filling, mix together the ricotta, chives, red pepper, hazelnuts and plenty of seasoning.

7 Peel off upper baking parchment from roulade, then spread over the filling. With the help of the base parchment, roll up the roulade from one of the short edges. Transfer to a serving plate, seam down. Garnish with a sprinkle of Parmesan-style cheese and chopped roasted hazelnuts. Serve.

PER SERVING **230cals, 15g protein, 15g fat (7g saturates), 8g carbs (3g total sugars), 2g fibre**

GET AHEAD Make up to a day ahead, but don't garnish. Cover and chill. To serve, allow to come up to room temperature, then complete the recipe.


Forked Roast Potatoes
Jewelled Sprouts
Squash and Kale Gratin
Roasted Clementine Roots

Forked Roast Potatoes

Don't overcook the potatoes initially – you need them to soften just enough so you can mark them with a fork.

Hands-on time **30min**, plus cooling. Cooking time **about 1hr 10min**. Serves **8**

- **2.5kg (5½lb) floury potatoes, such as Maris Piper or King Edward**
- **8tbsp goose fat or olive oil**
- **1 head of garlic, broken into cloves (still in skins)**
- **3 bay leaves**

1 Preheat oven to 190°C (170°C fan) mark 5. Peel potatoes and cut into large, even-sized chunks (about 5cm/2in). Put into a large pan, cover with cold water and bring to the boil over high heat. When the water boils, drain potatoes into a colander and leave to steam dry until cool enough to handle.
2 Put the fat/oil into a roasting tin large enough to fit the potatoes in a single layer. Put into the oven to heat up for 10min.
3 Meanwhile, scrape the tines of a fork over each potato piece, marking with stripes.
4 Carefully take the hot fat out of the oven. Add the potatoes, garlic, bay leaves and plenty of seasoning. Turn the potatoes to coat in the fat/oil. Roast for 1hr until golden, basting/turning occasionally. Transfer to a warm serving bowl and serve.
PER SERVING 345cals, 6g protein, 12g fat (4g saturates), 52g carbs (2g total sugars), 5g fibre
GET AHEAD Prepare to end of step 3 up to a day ahead (no need to heat up the oil yet). Put potatoes into a bowl, cover and chill. To serve, preheat oven and heat oil for 10min. Complete recipe.

Jewelled Sprouts

Dolcelatte is suitable for vegetarians, and the burst of pomegranate freshness is a delight (as well as being pretty!).

Hands-on time **15min**. Cooking time **about 15min**. Serves **8**

- **50g (2oz) butter**
- **2 shallots, finely sliced**
- **500g (1lb 2oz) sprouts**
- **75-100g (3-3½oz) Dolcelatte cheese, to taste**
- **4tbsp pomegranate seeds**

1 Bring a medium pan of water to the boil. Meanwhile, heat butter in a large deep frying pan and fry shallots for 5min until tender.
2 Cook the sprouts in the boiling water for 3-5min, until just tender. Drain well.
3 Turn up the heat under the shallot pan and add the sprouts. Fry for 3-5min, turning occasionally, until the sprouts get some golden colour. Take pan off heat and mix through the Dolcelatte and some freshly ground black pepper. Empty into a warmed serving dish and sprinkle over the pomegranate seeds. Serve immediately.
PER SERVING 121 cals, 4g protein, 9g fat (5g saturates), 4g carbs (3g total sugars), 4g fibre
GET AHEAD Prepare to end of step 2 up to a day ahead, but cool sprouts quickly under cold running water. Drain well. Transfer cooled shallots and sprouts to a container, cover and chill. To serve, fry mixture in large deep frying pan over medium-high heat until the sprouts get some golden colour. Complete recipe.

Squash and Kale Gratin

An unusual and comforting make-ahead side that works with any roast.

Hands-on time **40min**. Cooking time **about 1½hr**. Serves **8**

- **1 medium butternut squash**
- **200g (7oz) kale, shredded**
- **100g (3½oz) butter, plus extra to grease**
- **100g (3½oz) plain flour**
- **200ml (7fl oz) white wine**
- **750ml (1¼ pint) milk**
- **1½tbsp English mustard**
- **2-3 thyme sprigs, leaves picked**

FOR THE CRUMB

- **50g (2oz) fresh white or brown breadcrumbs**
- **2 thyme sprigs, leaves picked**
- **½tbsp olive oil**

1 Bring a large pan of salted water to the boil. Meanwhile, peel squash and trim off ends. Slice off the neck of the squash just above the bulb. Slice this squash neck in half lengthways, then cut across each half to make 5mm (¼in) wide half moons. Next, slice the squash bulb in half lengthways. Scoop out and discard seeds, then cut flesh into similar slices to the neck. Set aside.
2 Cook kale in the boiling water for 3-4min until just tender. Using a slotted spoon, lift out kale into a colander over a bowl; set aside. Add squash slices to the boiling water and cook for 4-5min until just tender. Drain.
3 Next, melt the butter in the empty pan, stir in the flour and cook, stirring, for 30sec. Take off heat and gradually stir in the wine, followed by the milk. Return to the heat and cook, stirring, until thickened and smooth. Take sauce off heat, stir in mustard, thyme and seasoning. In a small bowl, combine crumb ingredients with seasoning. Set aside.
4 Preheat oven to 190°C (170°C fan) mark 5 and grease a large ovenproof serving dish. Squeeze out excess moisture from the kale.
5 Spoon one-third of the sauce into base of prepared dish, then top with half the squash pieces in an even layer. Scatter over half the kale. Repeat layering again, topping with the remaining sauce. Scatter over the crumb mixture and cover dish with foil.
6 Cook in oven for 45min, then remove foil and cook for a further 20-30min until golden and piping hot. Serve.
PER SERVING 263cals, 7g protein, 14g fat (8g saturates), 23g carbs (7g total sugars), 3g fibre
GET AHEAD Prepare to end of step 5 up to a day ahead, but keep breadcrumb mixture separate. Cover and chill both separately. To serve, scatter breadcrumb over gratin, re-cover with foil and complete recipe.

Roasted Clementine Roots

A pretty, colourful side that's full of seasonal goodness.

Hands-on time **15min**. Cooking time **about 1¼hr**. Serves **8**

- **4 medium carrots**
- **4 medium parsnips**
- **2 red onions, peeled**
- **400g (14oz) raw beetroot**
- **2tbsp olive oil**
- **1tbsp wholegrain mustard**
- **3 clementines, unpeeled and quartered into wedges, or slice one orange into 8 wedges**

1 Preheat oven to 190°C (170°C fan) mark 5. Peel the carrots and parsnips and cut into quarters or sixths lengthways, depending on size (trim to shorter lengths if you prefer). Put into a large roasting tin. Cut each onion through root end into 6 wedges. Add to tin.
2 Wearing latex gloves to prevent hands staining, peel beetroots. Cut into similar-sized wedges to the onions. Add to the veg and toss through the oil, mustard, clementine/orange wedges and seasoning.
3 Roast for 1¼hr, tossing occasionally, until veg is tender and caramelised. Transfer to a large warmed serving dish and serve.
PER SERVING 151cals, 3g protein, 4g fat (1g saturates), 21g carbs (15g total sugars), 9g fibre
GET AHEAD Prepare to end of step 2 up to 3hr ahead. Complete recipe to serve.

Lindt
LINDOR

Melt into a moment of *bliss*

Smooth, melting Lindor in a milk chocolate truffle.
You choose the moment, we'll provide the bliss.





Lindt Master Chocolatier since 1845

'Think of Christmas Lunch as a deluxe roast – somehow that helps take the pressure off'





Brioche Bread Sauce

Brioche lends a decadent richness to this ultimate bread sauce.

Hands-on time **10min**, plus infusing. Cooking time **about 10min**. Serves **8**

- **600ml (1 pint) whole milk**
- **6 whole cloves**
- **2 bay leaves**
- **225g (8oz) brioche loaf or buns**
- **½tsp ground nutmeg, plus extra to garnish**

1 Heat the milk, cloves and the bay leaves in a medium pan until the liquid is scalding hot (there should be small bubbles around the side of the pan). Take the pan off the heat and set aside to infuse for 15min.
2 Meanwhile, whiz the brioche to crumbs in a food processor.
3 Lift the bay leaves and cloves out of the milk pan and discard. Return pan to a gentle heat and stir in the crumbs, nutmeg and plenty of seasoning. Bring up to the boil and simmer for 1-2min until thickened.
4 Season to taste (let down with extra milk if you like). Transfer to a serving dish, garnish with nutmeg and serve.
PER SERVING **146cals, 5g protein, 6g fat (3g saturates), 18g carbs (6g total sugars), 0.5g fibre**
GET AHEAD Make recipe to end of step 3 up to a day ahead. Pour into a container and lay clingfilm on the surface of the sauce. Cover container and chill. Or, freeze for up to a month. To serve, if frozen, thaw sauce in fridge. Warm through in a pan with extra milk to loosen. Complete recipe.

Spiced Cranberry Sauce

So easy to make, and works well with turkey, Christmas ham, a cheeseboard and many leftovers.

Hands-on time **5min**, plus cooling. Cooking time **about 10min**. Serves **8**

- **500g (1lb 2oz) cranberries, fresh or frozen**
- **1tsp mixed spice**
- **1½ balls stem ginger, finely chopped**
- **75g (3oz) runny honey**
- **4-5tbsp light brown soft sugar, to taste**

1 Put all the ingredients into a medium pan with 75ml (3fl oz) water. Bring to the boil, then simmer, stirring occasionally, for 10min or until most of the berries have burst. Empty into a heatproof serving bowl and cool completely – the sauce will thicken on cooling.
2 Chill until needed.
PER SERVING **77cals, 0g protein, 0g fat (0g saturates), 17g carbs (17g total sugars), 3g fibre**
GET AHEAD Make, cover and chill the sauce up to 5 days ahead. Alternatively, freeze in a sealed container for up to a month. To serve, if frozen, defrost sauce in the fridge.



Brandy and Orange Sauce

An easy, sumptuous sauce that will complement the pudding perfectly.

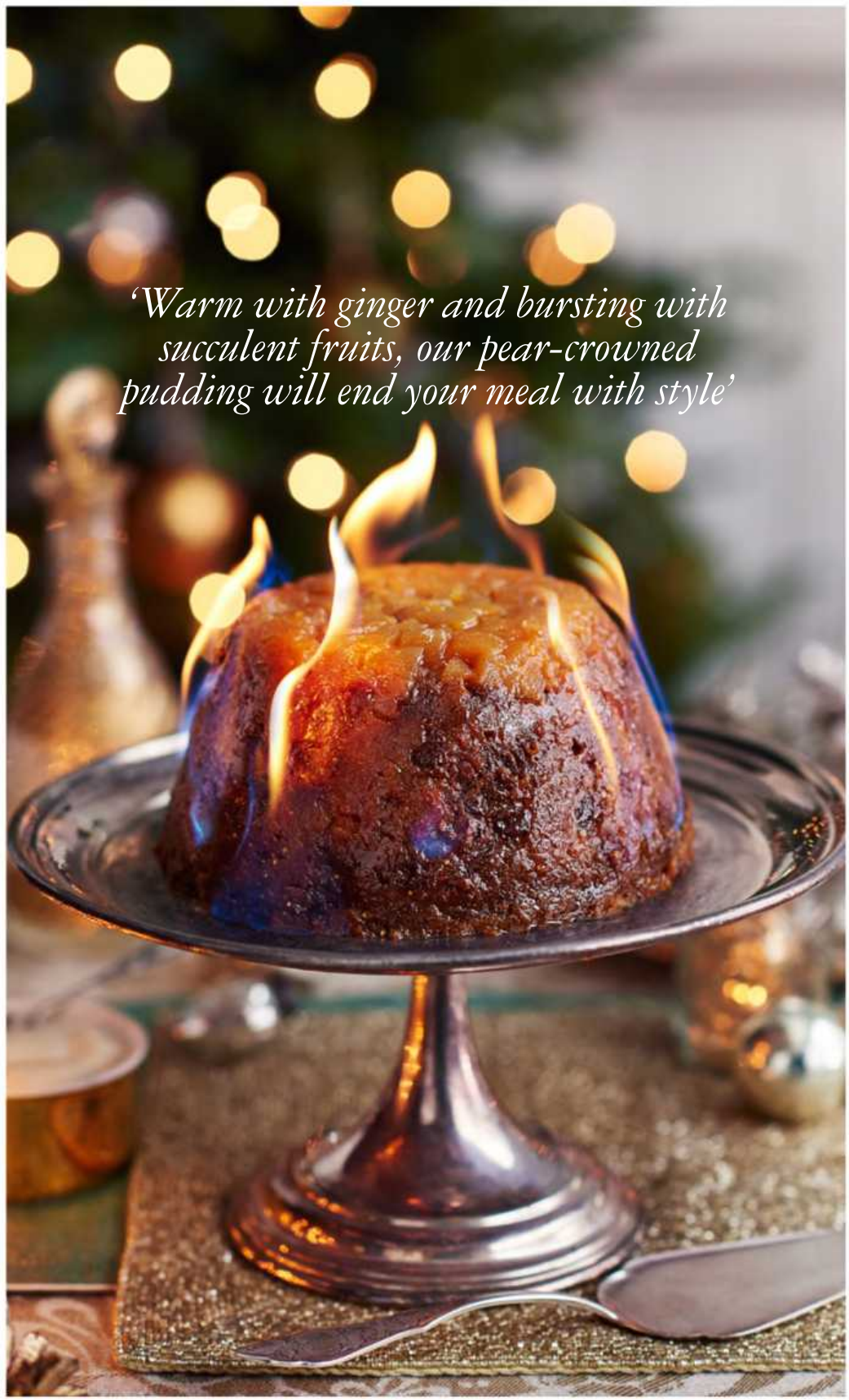
Hands-on time **5min**. Serves **8**

- **300ml (½ pint) double cream**
- **2tbsp icing sugar, sifted**
- **500g tub fresh chilled vanilla custard**
- **Finely grated zest of ½ orange or 1 clementine**
- **2tbsp brandy or rum, optional**

1 Whisk the cream and icing sugar in a large bowl until the mixture holds soft peaks. Use a large metal spoon to fold in the custard, zest and alcohol, if using. Transfer to serving bowl, cover and chill until needed.
PER SERVING **288cals, 2g protein, 24g fat (15g saturates), 13g carbs (11g total sugars), 0g fibre**
GET AHEAD Make sauce up to a day ahead. Cover and chill.

And to drink...

Wine Expert Richard Ehrlich's pudding choice: 'Now we're in sherry (Jerez) land for real. The intensely sweet wines made from the Pedro Ximénez grape, with their flavours of nuts and dried fruits, are likened to Christmas pudding in a glass. Morrison's has a good one for £6, or I'd go with Sainsbury's Taste the Difference Pedro Ximénez, £8 for 50cl, for its caramel/butterscotch notes and clean finish (18% ABV). □



✶ *WHERE TO FIND OUR CHRISTMAS PUDDING...*

Missed this year's pudding recipe, which appeared in the November 2015 issue of Good Housekeeping? Visit goodhousekeeping.co.uk/food/recipes/pear-and-ginger-pudding

RECIPES: MEIKE BECK. FOOD STYLING: MEIKE BECK, SUZANNAH BUTCHER. PROP STYLING: JENNY IGGLEDEN. RECIPE TESTING: ELIZABETH HUTCHINSON, MADELINE BURKITT

Let's sparkle!

Love to entertain? Fabulous fizz from Freixenet makes any occasion special

Whether it's Christmas, New Year or Friday night with friends, nothing says celebration like the finest sparkling wine, and Freixenet Cordon Negro and Cordon Rosado are the flagship products of one of the world's great wine-making families. In the delicious strawberry notes and festive pink hue of Cordon Rosado, you'll discover a fizz that's sophisticated, distinctive and fun. Made in the Penedés region of Catalonia using a traditional method, Cordon Negro and Cordon Rosado capture 150 years of wine-making heritage in two stylish bottles. And at £9.99 for 75cl, they're great value, too.

The Freixenet Elyssia range takes Cava in a new direction, using international grape varieties Chardonnay and Pinot Noir, blended with Spanish Macabeo and Parellada, to create the honeyed tones of the Elyssia Gran Cuvée and the crisp elegant flavours of the Elyssia Pinot Noir, both £14.99 for 75cl. So celebrate in style this festive season with Freixenet.

To find out more about our wines, and for recipes, tips and hints, visit freixenet.co.uk or follow it on Twitter @FreixenetUK.



Good Housekeeping Institute APPROVED 2015


THE NEW PACK
NEW
KETTLE CHIPS
CHEF'S SIGNATURE
GRESSINGHAM DUCK
PLUM SAUCE & SPRING ONION
IN PARTNERSHIP WITH
Gressingham

How Can Duck Work On a Chip?

Duck ? Gressingham — Rich, Succulent



PLUM → Classic favourite

sweetness cuts through nicely

SPRING ONION



PREPARATION

① Roast until skin is crispy

② Reduce juices (like gravy)

③ Dry reduction into extract

REAL CHEF. REAL FOOD.

Chris Barnard, KETTLE® *chef since 1989.*

Confessions of a CHRISTMAS DINNER NOVICE

Never cooked Christmas lunch? Let GH help! To prove it's a meal that anyone can conquer, we invited England Lioness and rookie cook Claire Rafferty to try our menu and show that scoring points as a pitch-perfect hostess isn't so hard after all

PHOTOGRAPHY **CHARLIE RICHARDS**

'If I can do it, anyone can! I owe my family a good feast for all their support this year – especially after they came to Canada to cheer on England's women footballers in The World Cup,' says Claire, a Chelsea defender who, with her fellow Lionesses, claimed a bronze medal in the championships. 'This Christmas, I'm looking forward to cooking them this simple menu at home. It was so easy! My uncle is a chef, so I can't wait to give him a run for his money.'



Claire gets to grips with Smoked Salmon Swirls







MENU

TO SERVE 6

Smoked Salmon Swirls

***

Christmas Wreath Salad

***

Turkey Breast Roll with Mincemeat Stuffing
Easy Creamed Spinach
Cross-Hatch Potatoes
Parcel-Baked Sprouts and Carrots

***

Black Forest Mess

Strikingly simple

Christmas Wreath Salad



OUR GET-AHEAD TIME PLAN

Find it at: **goodhousekeeping.co.uk/food/easy-christmas-2015-timeplan**

Smoked Salmon Swirls

These canapés are simple but look impressive. Serve with chilled fizz.

Hands-on time **25min**, plus chilling and cooling. Cooking time **25min**. Makes **about 17**

- **Plain flour, to dust**
- **500g block puff pastry (not all-butter)**
- **4tbsp Garlic & Herb Boursin, or full-fat cream cheese with herbs, softened at room temperature**
- **140g pack smoked salmon slices**
- **1tsp poppy seeds**



1 Line two large baking sheets with baking parchment. Lightly dust a work surface with flour. Roll out puff pastry into a rectangle about 18 x 30.5cm (7 x 12in). Try to roll the pastry in one direction, without turning – this helps ensure an even rise. Trim edges.
2 Spread Boursin/cream cheese evenly over pastry. Lay fish evenly over cheese. Cutting down into pastry (but not right through), slice a line 1cm (½in) in from edges of both short sides (to help rolling).
3 Tightly roll pastry inwards from one of short ends until you hit the centre. Roll in pastry from other side to meet first roll. Press join together (trying to keep shape). Transfer seam-side down on to a board and chill for 30min.
4 Preheat oven to 220°C (200°C fan) mark 7. With a serrated knife, cut 1cm (½in) thick slices, working across rolls (try not to squash them). Lay slices on prepared baking sheets, spacing them about 3cm (1¼in) apart. Lay another sheet of baking parchment over pastries; roll gently with a rolling pin to flatten slightly. Remove top sheet of parchment.
5 Sprinkle poppy seeds over pastries; bake for 20-25min until golden brown. Transfer to a wire rack to cool; serve.

PER CANAPÉ **150cals, 4g protein, 10g fat (5g saturates), 10g carbs (0g total sugars), 0g fibre**

GET AHEAD Complete recipe up to a day ahead. Store in an airtight container in the fridge. To serve, preheat oven to 190°C (170°C fan) mark 5. Line 2 baking sheets with baking parchment. Lay pastries in a single layer and reheat for 10min to re-crisp pastry. Cool and serve.

Christmas Wreath Salad

This makes a beautiful centrepiece. Toasting nuts brings out their flavour.

Hands-on time **15min**. Cooking time about **5min**. Serves **6**

- **75g (3oz) walnut pieces**
- **130g bag mixed green salad leaves**
- **3 pears, peeled, cored and sliced**
- **250g (9oz) blue cheese, crumbled**
- **50g (2oz) pomegranate seeds**
- **Baguette, to serve (optional)**

FOR THE DRESSING

- **3tbsp white wine vinegar**
- **1tbsp runny honey**
- **1tsp wholegrain mustard**
- **2tbsp olive oil**

1 Heat a large dry frying pan, then add walnut pieces. Toast for 3-5min, shaking pan often, or until the walnuts smell toasted. Tip into a bowl and set aside to cool.
2 In a small serving bowl, whisk the dressing ingredients with some salt and freshly ground black pepper. Set aside.
3 On a large board or platter, arrange salad leaves in a round wreath shape. Dot over pear slices and blue cheese. Scatter over the pomegranate seeds and toasted, cooled walnuts.
4 Place bowl of dressing in middle of wreath and serve with sliced baguette, if you like.

PER SERVING **347cals, 13g protein, 27g fat (11g saturates), 11g carbs (11g total sugars), 3g fibre**

GET AHEAD Make dressing up to a day ahead. Store in a jar in fridge. To serve, complete recipe (don't slice pears too early or they'll go brown).

Turkey Breast Roll with Mincemeat Stuffing

Rolling the turkey is simpler than you think and everything cooks in the same oven. Cook turkey on the middle shelf, potatoes on the top shelf, vegetable parcel on the bottom shelf.

Hands-on time **30min**, plus resting. Cooking time **about 50min**. Serves **6**

- **450g (1lb) sausage meat**
- **4tbsp fruity mincemeat**
- **3 fresh sage leaves, chopped, plus optional extra leaves to garnish**
- **6 turkey breast steaks, total weight about 1kg (2lb 3½oz)**
- **2 x 83g packs of Parma ham slices (14 slices in total)**

1 Preheat oven to 200°C (180°C fan) mark 6. In a bowl mix sausage meat, mincemeat and chopped sage leaves. Set aside.
2 Working one at a time, bash the turkey steaks with a rolling pin between two sheets of baking parchment until they're about 1cm (½in) thick.
3 Lay out a large piece of baking parchment (about 61cm/24in long) on a work surface, with a long side closest to you. Overlap Parma ham slices in two vertical rows of 7 in the middle of the parchment, forming a rectangle of ham about 33 x 40.5cm (13 x 16in).
4 Leaving a rough 5cm (2in) border of Parma ham along both top and bottom long edges, lay a rectangle of bashed turkey steaks on top of the ham, fitting pieces together (trim to fit, if necessary). Form a sausage-shape line of stuffing mixture along the middle of the turkey layer (lengthways).
5 Carefully fold turkey up and over the stuffing mixture (from both sides) so edges overlap slightly. Next, use the baking parchment to help fold the Parma ham over the turkey. Use parchment to roll the turkey parcel into a sausage shape. With the parchment still underneath, transfer the roll to a roasting tin. If you like, secure turkey roll at intervals with tied string, placing a sage leaf under the string before you knot. The turkey roll will hold together if it is not tied – the string is there for appearances and to keep the sage in place.
6 Put roll in its roasting tin in oven and cook for about 45-50min, or until a knife held in centre of roll for a few seconds feels piping hot. If using a thermometer, it needs to be at least 72°C when inserted into the centre of the roll.
7 Cover tin with foil and leave to rest at room temperature for 20min. Transfer roll to a warm platter, drizzle over some juices from tin and serve.

PER SERVING **492cals, 54g protein, 23g fat (8g saturates), 16g carbs (12g total sugars), 1g fibre**

GET AHEAD Prepare to end of step 4 up to a day ahead. Cover roasting tin with foil and chill. To serve, remove from fridge 30min before you want to start roasting. Take off foil; complete recipe.

'Rolling the turkey makes cooking and carving a cinch – far less daunting than roasting a big bird' CLAIRE RAFFERTY


Easy to cook and carve



THE

SARNIE

WITH A LITTLE

je ne sais quoi.



Introduce a bit of French flair to your snacks.
With its mild, creamy taste and oozing texture,
President Brie makes any sandwich superbe.

PRÉSIDENT

avec plaisir

Parcel-Baked Sprouts and Carrots

The egg white acts like glue and ensures that no steam escapes while the vegetables are baking in their parcel.

Hands-on time **10min**, plus resting. Cooking time **about 45min**. Serves **6**

- **500g (1lb 2oz) Chantenay carrots**
- **500g (1lb 2oz) Brussels sprouts**
- **50g (2oz) butter, roughly cubed**
- **1tbsp olive oil**
- **1 clementine, halved**
- **3 thyme sprigs**
- **1 medium egg white**

1 Cut two pieces of baking parchment to measure about 38 x 51cm (15 x 20in). Lay one in a large, shallow roasting tin. Scatter all the ingredients (except egg white) into the centre, leaving a 7.5cm (3in) wide border all the way around. Season the pile of vegetables well.
2 Brush the parchment border with some of the egg white. Place the second piece of baking parchment on top. Press around the border to stick the two pieces of parchment together, then fold the borders over on themselves a few times to seal into a secure parcel. Brush folds with more egg white to stick.
3 Preheat oven to 200°C (180°C fan) mark 6. Bake parcel in its tin in the bottom of the oven for 45min. Remove parcel in its tin and set aside to rest at room temperature for 15min (the turkey will also be resting).
4 Just before serving, carefully pierce paper (watch out for steam). Toss vegetables in the buttery juices. Transfer to a warm dish and serve.

PER SERVING **160cals, 4g protein, 10g fat (5g saturates), 10g carbs (9g total sugars), 7g fibre**

GET AHEAD Prepare recipe to end of step 2 up to a day ahead. Store assembled parcel in its roasting tin in the fridge. On the day, remove from fridge 30min before you want to start cooking. Complete recipe.



Cross-Hatch Potatoes

No peeling or parboiling! These roast and baked potato hybrids are fluffy in the centre and crisp on top.

Hands-on time **10min**. Cooking time **about 1hr**. Serves **6**

- **6 small baking potatoes, halved lengthways**
- **2tbsp olive oil**

1 Preheat oven to 200°C (180°C fan) mark 6. On the cut face of each potato, slice a cross hatch pattern no more than 5mm (¼in) deep. Arrange the potatoes cut-side up on a baking tray. Brush all over with the oil and sprinkle over 1½tsp salt flakes and some freshly ground black pepper.
2 Cook in top of oven for 45min. Turn oven up to 220°C (200°C fan) mark 7 and cook for a further 15min, or until potatoes are golden and tender. Transfer to a warm dish and serve.

PER SERVING **191cals, 4g protein, 4g fat (1g saturates), 33g carbs (1g total sugars), 4g fibre**

GET AHEAD Complete recipe up to the end of step 1 up to 45min ahead. Store covered in the fridge. When ready, uncover and complete recipe to serve.

Easy Creamed Spinach

Using frozen chopped spinach avoids all the fuss with fresh.

Hands-on time **10min**, plus defrosting. Cooking time **about 10min**. Serves **6**

- **700g (1½lb) frozen chopped spinach**
- **25g (1oz) butter**
- **1 onion, finely chopped**
- **280g pack full-fat cream cheese**
- **Nutmeg, freshly grated, to taste**

1 Defrost spinach. If you have a microwave, put spinach into a non-metallic bowl, cover with clingfilm and heat on medium power for 3-5min, stirring halfway through, until just defrosted. Alternatively, defrost spinach on a tray at room temperature (this takes about 1½-2hr). Transfer spinach to a sieve and press out excess moisture.
2 Melt butter in a large pan and cook onion for 5min, stirring occasionally, or until soft.
3 Turn heat up to medium and stir in cream cheese. Add drained spinach. Leave to bubble for 3-5min until slightly thickened. Season generously and add nutmeg. Transfer to a bowl; serve.

PER SERVING **278cals, 5g protein, 27g fat (16g saturates), 3g carbs (2g total sugars), 4g fibre**

GET AHEAD Complete recipe up to a day ahead. Cool in pan, cover and chill. To serve, remove cover and reheat over medium heat for 5-8min or until piping hot – add a splash of water or milk to loosen, if needed.

EAT, CHEAT AND BE MERRY!

Reheat one of these ready-made gravies and bread sauces to serve alongside the turkey.

The best bread sauces A clear winner for us is **True Foods Bread Sauce**, £2.50 for 250g, Budgens (from 3 December) – a creamy sauce that looked and tasted homemade. It was seasoned just enough to allow the flavours of onion and clove to come through. Close runners up were **Waitrose Bread Sauce**, £1.79 for 300g, with a good balance of onion and spices but a runnier texture, and **Aldi Bread Sauce**, £1.49 for 250g (from 19 December), for those who like it creamy.

Great gravies We loved the rich depth of **Marks & Spencer Posh Poultry Gravy**, £3 for 400g, made with Marsala and strong turkey stock for a delicious, dark gravy with good consistency – as good as homemade. We also liked **Sainsbury's Poultry Gravy**, £3 for 500g, for its strong and savoury, almost gamey flavour.

Black Forest Mess

An easy-assembly dessert – leave out the kirsch or brandy if serving to kids.

Hands-on time **10min**.
Serves **6**

- **600ml (1 pint) double cream**
- **1tbsp kirsch or brandy**
- **4tbsp icing sugar**
- **2 x 450g packs of frozen Black Forest fruits, defrosted**
- **125g (4oz) chocolate brownies, crumbled into small pieces**
- **16 mini meringues**
- **20g pack giant milk and white chocolate stars, optional, to decorate – we used Dr Oetker**

1 In a large bowl, whip cream with the kirsch/brandy and 2tbsp of icing sugar until it just holds its shape. Spread evenly into a 2 litre (3½ pint) shallow serving dish and roughly level.
2 In a food processor, whiz half the defrosted fruits with the remaining 2tbsp icing sugar to a purée.
3 Drizzle fruit purée over the cream layer. Dot the brownie pieces and 12 of the whole meringues over the fruit layer, then scatter over the remaining defrosted whole fruit.
4 Crumble over the remaining meringues and decorate with the chocolate stars, if using. Serve.

PER SERVING **777cals, 4g protein, 60g fat (36g saturates), 52g carbs (49g total sugars), 5g fibre**

GET AHEAD Prepare recipe to end of step 2 up to a day ahead. Cover the serving dish with foil and chill. Keep Black Forest purée and whole fruit in separate containers, covered in the fridge. Complete recipe to serve. □





'Assembling the Black Forest Mess was a doddle and the result went down a treat with my family'

CLAIRE RAFFERTY

RECIPES AND FOOD STYLING: SUZANNAH BUTCHER AND ELIZABETH HUTCHINSON. RECIPE TESTING: MADELINE BURKITT. PROP STYLING: OLIVIA WARDLE

Good Housekeeping
FOOD AWARDS
2015
WINNER * FAVOURITE ORGANIC BRAND

We're head over heels!

Thank you for naming us your Favourite Organic Brand! We're passionate about organic British dairy – and we're delighted you are too. x

PHOTOGRAPHED ON OUR FARM FEATURING OUR FAMILY AND FRIENDS





'This recipe may seem fiddly, but when you break it down, the steps are pretty straightforward and it's well worth the effort'

LISA FAULKNER

Sensational for six

Beef Wellington

Follow the STARS

Whether you're entertaining a hungry horde or planning an intimate dinner for two, Good Housekeeping's favourite celebrity chefs have an alternative centrepiece to feed any number of family and friends

PHOTOGRAPHY **GARETH MORGANS**



Perfect for one

Roast Partridge with all the Trimmings



EXTRACTED FROM AROUND THE WORLD IN 80 DISHES BY DAVID LOFTUS (© 2009; ATLANTIC BOOKS LTD). PORTRAIT OF NIGELLA: NICKY JOHNSTON



NIGELLA LAWSON'S
Overnight Lamb Shanks with Figs and Honey

'Sweet and aromatic, these lamb shanks create the most delicious smell and taste just as good. I like to serve them with rice cooked with turmeric and sprinkled with pomegranate seeds,' says Nigella.

Hands-on time **20min**, plus cooling and overnight chilling. Cooking time **about 2hr**. Serves **10**

- **4tbsp olive oil**
- **10 lamb shanks**
- **1kg (2lb 3½oz) onions, finely chopped (or pulsed in a food processor)**
- **2 garlic cloves, finely chopped**
- **4 thyme sprigs, leaves picked and chopped, plus extra to garnish**
- **2 rosemary sprigs, leaves picked and chopped, plus extra to garnish**
- **425g tin pumpkin purée**
- **450g (1lb) dried figs**
- **1tsp ground allspice**
- **2 cinnamon sticks, broken up**
- **75ml (3fl oz) runny honey**
- **750ml bottle of red wine**

1 In a large pan or casserole that will hold all the ingredients, heat the oil and brown shanks well in batches. Set shanks aside. Add onions, garlic and herbs to the pan and fry gently until onions are soft, but not coloured.
2 Add pumpkin purée, figs, allspice, cinnamon sticks, honey, wine and 500ml (17fl oz) water. Stir well and bring up to boil. Return shanks to pan, reduce heat and simmer for 1½hr, partially covered, until shanks are tender.
3 Cool completely, then cover and chill overnight.
4 The following day, remove the layer of fat that will have formed over the surface. Reheat stew gently, season to taste and serve.

PER SERVING 610cals, 37g protein, 27g fat (10g saturates), 39g carbs (35g total sugars), 8g fibre

GORDON RAMSAY'S
Slow-Roasted Pork Belly with Fennel



'Cutting diamonds in the pork skin allows the seasoning to really penetrate and, though it may seem odd, adding more salt after you've seared it really helps it crisp up,' says Gordon.

Hands-on time **20min**, plus resting. Cooking time **about 2hr 40min**. Serves **4**

- **1kg (2lb 3½oz) piece pork belly**
- **1 fennel bulb, trimmed and roughly sliced**
- **4 bay leaves**
- **3 garlic cloves, peeled and bashed**
- **1tsp cardamom pods, bashed open**
- **4 star anise**
- **1tbsp olive oil**
- **1tbsp fennel seeds**
- **325ml (11fl oz) white wine**
- **500-750ml (17fl oz-1¼ pint) chicken stock (depending on the size of your tin)**
- **1tbsp wholegrain mustard**

1 Preheat oven to 180°C (160°C fan) mark 4. With a sharp knife, score the pork belly skin in a diamond pattern at 1.5cm (⅔in) intervals. Season well, rubbing it into the skin.
2 Heat a medium-sized sturdy roasting tin on the hob. Add the fennel, bay, garlic, cardamom, star anise, oil and half the fennel seeds. Heat for about 2min until aromatic. Push mixture to side of tin, then add pork, skin side down, and fry for at least 5min until turning golden brown. Turn pork over, season skin again and sprinkle with remaining fennel seeds. Pour wine around the pork (be careful not to get the skin wet), scraping up the bits from the bottom of the tin. Bring to the boil, then pour in enough stock (be careful not to get the skin wet) to come up to the layer of fat just below the skin. Bring to boil again. Transfer tin to the oven and roast for 2½hr.
3 Transfer meat to a board and set aside to rest in a warm place. Meanwhile, spoon off and discard any excess fat from roasting tin. Place tin on medium hob heat. Whisk in mustard, bubble for a few min and season to taste. Remove and discard star anise and cardamom pods. Check the seasoning. Serve the rested pork with the fennel sauce and Dauphinoise potatoes, if you like (see right).

PER SERVING 761cals, 53g protein, 54g fat (19g saturates), 2g carbs (2g total sugars), 2g fibre

EXTRACTED FROM GORDON RAMSAY'S ULTIMATE COOKERY COURSE (© GORDON RAMSAY 2012; HODDER & STOUGHTON). PORTRAIT OF GORDON: GETTY



'Take your time cooking pork belly, so the crackling on top is beautifully roasted while the meat beneath braises gently in the pan's juices'

GORDON RAMSAY

Supper for four

✶ Gordon suggests serving this pork belly with Dauphinoise potatoes – and we have just the recipe! Visit goodhousekeeping.co.uk/food/recipes/dauphinoise-potatoes



MARY BERRY'S
Roast Goose

'Turkey may offer more scope for leftovers on Boxing Day but, for a gathering, a roast goose is a treat not to be missed,' says Mary.

Hands-on time **20min**, plus resting. Cooking time **about 3hr**. Serves **8**

- **4.5-5.5kg (10-12lb) oven-ready goose**
- **Peeled rind of 1 lemon**
- **Small bunch fresh sage**

FOR THE GRAVY

- **25g (1oz) plain flour**
- **600ml (1 pint) chicken stock**

1 Preheat oven to 220°C (200°C fan) mark 7. Use the tip of a sharp knife to remove feather stubs from the skin of the goose. Pull out and discard any surplus fat from the cavity and put in the lemon rind, sage and some seasoning. Rub the outside of the goose with more seasoning and place it, breast-side down, on a wire rack set in a large roasting tin.
2 Roast for 30min until brown. Carefully remove goose from the oven and turn breast-side up. Cook for a further 20min until the breast skin is brown. Carefully lift the rack and goose on to a board and pour any fat in tin into a large heatproof bowl (use for roast potatoes!).
3 Reduce oven temperature to 180°C (160°C fan) mark 4. Return rack and goose to the roasting tin and cook for a further 1½-2hr or until the bird is cooked – the juices should run clean when a skewer is inserted into the thickest part of the thigh. Drain off excess fat once or twice during remaining roasting time, if necessary. Lift goose on to a serving board or platter (reserve tin), tightly cover with foil and rest for about 20min.
4 Meanwhile, make the gravy: drain off all but 2tbsp of fat from the roasting tin and put tin over medium hob heat. Add flour and cook for 1min, stirring. Gradually pour in the stock, stirring, and bring to the boil. Simmer for 2-3min until thickened. Season to taste and strain into a warm gravy boat.
5 Serve the goose with the Sage and Onion Stuffing, Braised Red Cabbage and some apple sauce, if you like.

PER SERVING (125g (4oz) with gravy)
394cals, 37g protein, 27g fat (8g saturates), 2g carbs (0g total sugars), 0g fibre

MARY BERRY'S
Sumptuous sides

These dishes would be a welcome accompaniment to any of our festive roasts – both serve 8, so scale your recipe up or down accordingly.

Braised Red Cabbage

'An ideal vegetable to prepare ahead, and it's excellent with turkey or goose. You don't need to add any extra liquid to the red cabbage for cooking, as you rinse the shredded cabbage first and a little water is retained in the shreds,' Mary says.

Hands-on time **15min**. Cooking time **about 2½hr**. Serves **8**

- **1 large red cabbage, about 1kg (2lb 3½oz), finely shredded**
- **450g (1lb) cooking apples, peeled, cored and roughly chopped**
- **40g (1½oz) caster sugar**
- **2tbsp white wine vinegar**
- **50g (2oz) butter**
- **2tbsp redcurrant jelly**

1 Preheat oven to 150°C (130°C fan) mark 2. In a casserole that has a lid, layer the cabbage and apples. Mix in sugar, vinegar, dots of butter and some seasoning.
2 Cover and cook in the oven for 2-2½hr or until cabbage is tender. Stir in the redcurrant jelly and season to taste. Serve.

PER SERVING **139cals, 2g protein, 6g fat (4g saturates), 18g carbs (18g total sugars), 5g fibre**

GET AHEAD Complete recipe up to 2 days ahead, cool and store covered in the fridge. To serve, reheat in a large pan for about 20min until piping hot, adding a little water or stock if needed.

FREEZE AHEAD Complete recipe and cool completely. Freeze in a suitable container for up to 3 months. To serve, thaw overnight at cool room temperature and reheat as above.

Sage and Onion Stuffing

'This is a really good recipe that I have been making for years. It's wonderful with roast goose. I prefer to cook and serve it in a separate dish (rather than in the bird itself), which makes it wonderfully golden and crisp,' says Mary.

Hands-on time **15min**. Cooking time **about 45min**. Serves **8**

- **450g (1lb) onions, roughly chopped**
- **75g (3oz) butter, plus extra to grease**
- **1tbsp fresh sage leaves, finely chopped**
- **225g (8oz) fresh white breadcrumbs**

1 Put onions into a large pan with 300ml (½pint) water. Bring to the boil and simmer for 15min. Drain well and return onions to empty pan. Stir in the remaining ingredients and some seasoning.
2 Preheat oven to 190°C (170°C fan) mark 5. Spoon mixture into a shallow, greased 1 litre (1¾ pint) ovenproof dish and cook in oven for 25-30min until golden and crisp. Serve.

PER SERVING **196cals, 4g protein, 8g fat (5g saturates), 25g carbs (4g total sugars), 2g fibre**

GET AHEAD Prepare to end of step 1 up to a day ahead. Store the cooled mixture covered in the fridge. Complete recipe to serve.

FREEZE AHEAD Prepare to the end of step 1. Spoon into a freezer-proof baking dish, cover and freeze for up to a month. To serve, thaw overnight in the fridge and complete recipe.



EXTRACTED FROM MARY BERRY'S CHRISTMAS COLLECTION (HEADLINE). PORTRAIT OF MARY: HEARST MAGAZINES UK



'Traditionally, goose used to be the favoured bird to roast at Christmas – it has a very special flavour. As with turkey, you may need to order a fresh goose in advance'

MARY BERRY

Feast for eight

The secret of great Italian cooking...





Our Bronze Die Pasta is made in Italy in traditional bronze shapes for a better texture to hold your sauce perfectly. Our quality is recognised with the I.G.P. award, certifying our authentic origin, ingredients and method.

PASTA DI GRAGNANO I.G.P.

Tagliatelle with Tomato, Mascarpone & Pancetta

Try this easy-to-make pasta dish with the Cook Italian range.

Real Italian ingredients for true Italian flavour

For Recipes with our wide range of authentic Italian food including Pastas, Tomatoes and Sauces, go to

cookitalian.co.uk

Find us on Facebook
Cook Italian UK

COOK ITALIAN
Ingredienti Italiani



ANGELA HARTNETT'S

Rack of Lamb with Pistachio Crust

'French trimming a rack of lamb simply means removing the excess fat from the tops of the bones, but your butcher can do this for you,' says Angela.

Hands-on time **25min**, plus resting. Cooking time **about 25min**. Serves **2** (3 cutlets each)

- **1 x 6-bone rack of lamb, French-trimmed (ask the butcher to do this)**
- **1tbsp olive oil**
- **40g (1½oz) pistachio kernels**
- **40g (1½oz) Japanese panko breadcrumbs**
- **Dijon mustard, to brush**

1 Preheat oven to 180°C (160°C fan) mark 4. Using a sharp knife, remove any excess fat and sinew from the meat (including the top layer of fat). Season well.
2 Heat oil in a frying pan over medium-high heat and brown the rack until golden all over. Transfer to a small roasting tin and roast in oven for about 10-15min, or until a knife comes out warm when held in the centre for a few seconds.
3 Meanwhile, make the crust. In a blender, whiz the pistachios to coarsely chop. Add breadcrumbs and blend for a few seconds.
4 Turn oven up to 200°C (180°C fan) mark 6. Remove tin, brush lamb with a thin layer of mustard, then sprinkle over the pistachio mixture. Return lamb to oven for about 10min, or until crust is lightly toasted. Allow to rest for 5min at room temperature before carving into cutlets. Serve with seasonal vegetables.

PER SERVING 770cals, 39g protein, 60g fat (23g saturates), 17g carbs (2g total sugars), 2g fibre

Dinner à deux

'The pistachio mixture freezes well, so if you have any left, pop it in the freezer for another time'

ANGELA HARTNETT

EXTRACTED FROM A TASTE OF HOME BY ANGELA HARTNETT (©ANGELA HARTNETT, 2011; EBURY PRESS). PORTRAIT OF ANGELA: NOEL MURPHY


and that's just for starters
#becauseitschristmas
Extra Special Prawn & Lobster Cocktail
£5
Get Christmas off to the best start with this classic favourite. Rich cocktail sauce combined with an indulgent lemon mousse, generously garnished with Canadian lobster and Indonesian warm water prawns. Available 10th December.
Make it Extra Special because it's Christmas
Selected stores. Available while stocks last. Asda Extra Special Prawn & Lobster Cocktail 250g (£20 per kg). Photography shows serving suggestion.
ASDA
Save money. Live better.



YOTAM OTTOLENGHI'S
Membrillo and Stilton Quiche

'The combination of a sharp blue cheese and the intense sweetness of membrillo create a wonderfully satisfying excitement in the mouth. It's the one-stop solution to Christmas meals for vegetarians,' says Yotam.

Hands-on time **25min**, plus chilling and cooling. Cooking time **about 1hr 50min**. Serves **6**

- **1 medium butternut squash, peeled and cut into 2cm (¾in) cubes**
- **1½tbsp olive oil**
- **Plain flour, to dust**
- **250g (9oz) shortcrust pastry**
- **200g (7oz) Stilton or vegetarian blue cheese**
- **75g (3oz) membrillo (quince paste), cut into 1cm (½in) dice**
- **3 medium eggs**
- **150ml (¼ pint) double cream**
- **150ml (¼ pint) crème fraîche**

1 Preheat oven to 220°C (200°C fan) mark 7. On a baking tray, toss the squash in the oil, ¼tsp salt and some black pepper. Spread out and roast for 30min, turning once, until golden-brown. Set aside to cool and reduce oven temperature to 190°C (170°C fan) mark 5.
2 On a lightly floured surface, roll out pastry to about 3mm (⅛in) thick and use to line a 3cm (1¼in) deep, loose-bottom 24cm (9½in) fluted tart tin, leaving excess pastry hanging over the edge. Prick base all over with a fork and chill for 20min.
3 Line the pastry case with a large sheet of baking parchment and fill with baking beans. Bake for 30min, then carefully remove paper and beans. Return tin to oven for 10min until pastry is golden brown.
4 Scatter roasted squash inside the baked pastry case and crumble in the Stilton and membrillo. In a large jug, whisk together the eggs, cream and crème fraîche, ¼tsp salt and some black pepper. Pour into the pastry case, leaving some filling exposed.
5 Bake for 40min or until just set. Remove from the oven and allow to rest a little before breaking/slicing off the excess pastry and removing quiche from tin. Serve warm or at room temperature.

PER SERVING 660cals, 15g protein, 53g fat (30g saturates), 30g carbs (11g total sugars), 2g fibre

'This quiche, but in canapé form, was one of the most popular items on our catering menu a couple of years ago'

YOTAM OTTOLENGHI

Vegetarian crowd pleaser

YOTAM'S TIP

Membrillo (quince paste) can be bought in many cheese shops and supermarkets.

Extracted from Plenty More by Yotam Ottolenghi (©Yotam Ottolenghi, 2014; Ebury Press)

PORTRAIT OF YOTAM: PAL HANSEN



Clean the toughest food first time.

Removes grease*
from your filter.



LOVES THE IMPOSSIBLE

*For limescale removal use Fairy dishwasher cleaner.



HAIRY BIKERS' Traditional Honey-Glazed Gammon

'It tastes amazing served hot with a dribble of the cooking liquor, a generous spoonful of Cumberland sauce or a really delicious parsley sauce. Make sure you buy good-quality gammon – double-smoked works a treat for this, if you can get your hands on some,' say Si and Dave.

Hands-on time **30min**, plus cooling and resting. Cooking time **2¼-3½hr**. Serves **10** (as a main course) or **20** (as part of a buffet)

- **2-4kg (4½lb-9lb) smoked gammon, boned and rolled**
- **2 small onions, peeled and halved**
- **2 medium carrots, cut into short lengths**
- **2 celery sticks, cut into short lengths**
- **4 bay leaves**
- **12 black peppercorns**
- **Small handful whole cloves**
- **4tbsp runny honey**
- **4tbsp English mustard**

1 Take note of the weight of your gammon. Put it into a large pan and cover with cold water. Bring to the boil over a high heat. Remove pan from heat and carefully drain the water. Refill with fresh cold water, and add onions, carrots, celery, bay and peppercorns. Bring to the boil, reduce heat, cover and simmer for 20min per 500g (1lb 2oz).

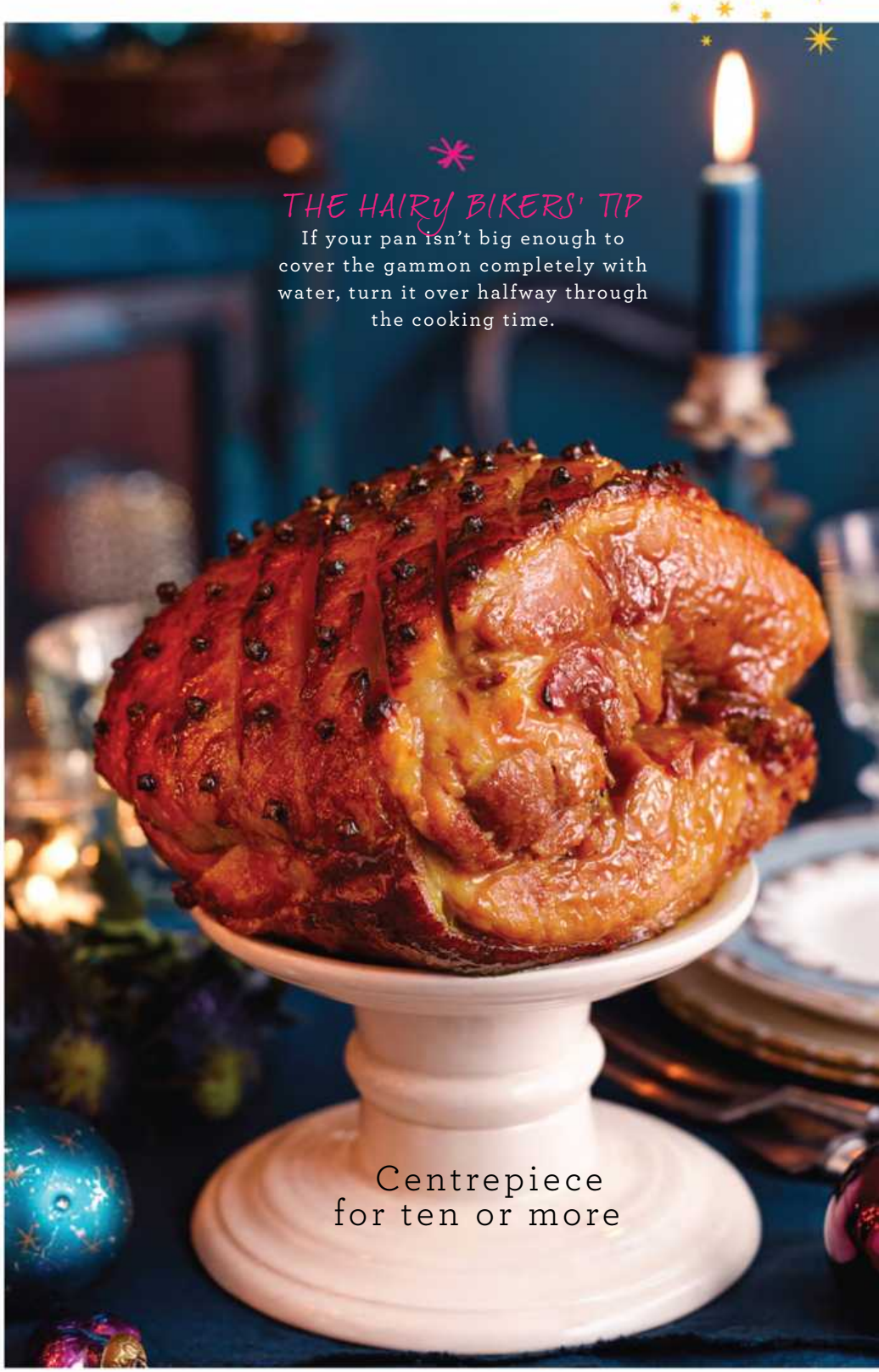
2 Preheat oven to 200°C (180°C fan) mark 6. Remove gammon from the pan and put it on a board (reserve the cooking water for stock or a soup, if you like). When meat is cool enough to handle, use a small knife to cut away the rind, leaving as much fat behind as possible. Score fat in a diamond pattern and push a clove into the centre of each diamond.

3 Line a roasting tin with foil and put the gammon inside. Bring the sides of the foil up to create a bowl shape around the gammon.

4 To make the glaze, mix the honey and mustard together until smooth and brush half all over the gammon. Bake for 10min, remove from oven and brush remaining glaze over the gammon. Return to the oven and cook for 10-15min until the gammon is glossy and golden. If the top starts to brown too much in places, cover loosely with small pieces of foil.

5 Place gammon on a board and leave to rest for 15min. If you like, pour any marinade that's collected in the foil into a small pan and warm through. Carve gammon into thin slices and serve with the glaze (optional).

PER SERVING (125g/4oz gammon) **209cals, 22g protein, 10g fat (3g saturates), 8g carbs (8g total sugars), 0g fibre**



THE HAIRY BIKERS' TIP

If your pan isn't big enough to cover the gammon completely with water, turn it over halfway through the cooking time.

Centrepiece for ten or more

GET AHEAD

Complete up to the end of Step 4 up to 2 days ahead. Cool, loosely wrap in foil and chill. Take out of fridge; leave at room temperature for 30min before eating. Leftovers will keep in the fridge for up to 4 days.

FEATURE: SUZANNAH BUTCHER. FOOD STYLING: MEIKE BECK, SUZANNAH BUTCHER AND ELIZABETH HUTCHINSON. RECIPE TESTING FOR GH: MADELINE BURKITT. PROP STYLING: JENNY IGGLEDEN. EXTRACTED FROM THE HAIRY BIKERS' 12 DAYS OF CHRISTMAS BY SI KING AND DAVE MYERS (WEIDENFELD & NICOLSON). PORTRAIT OF THE HAIRY BIKERS: ANDREW HAYES-WATKINS



HUGH FEARNLEY-WHITTINGSTALL'S
Roast Partridge with all the Trimmings

'As partridges become more popular, they are more readily available and cheaper. It's a delicately flavoured and delicious bird that often appeals to those who don't like strong-tasting game,' says Hugh.

Hands-on time **20min**, plus soaking and resting. Cooking time **about 40min**. Serves **1**

- **100g (3½oz) stale white bread, roughly torn**
- **250ml (9fl oz) whole milk**
- **1 small onion, halved**
- **2 cloves**
- **1tsp oil**
- **1 whole oven-ready partridge**
- **2 streaky bacon rashers**
- **15g (½oz) butter**
- **1tsp plain flour**
- **50ml (2fl oz) white wine**
- **200ml (7fl oz) chicken stock**
- **Redcurrant jelly, to taste**
- **Good-quality potato crisps, to serve**

1 In a medium pan, soak the bread in the milk, together with the onion halves (studded with the cloves) and some freshly ground black pepper for 1hr.
2 Preheat oven to 220°C (200°C fan) mark 7. Rub oil over the partridge, then place in a small roasting tin (breast-side up). Lay on the bacon rashers and roast for 8-10min until bacon is crisp. Carefully remove tin from oven, set bacon aside and baste the bird with any fat in the tin. Roast for a further 15-20min until juices run clear when a skewer is inserted into the thickest part of the bird. Transfer partridge to a board (reserve tin), cover with foil and leave to rest for 10-15min.
3 Meanwhile, add butter to the milk pan. Heat gently, stirring, and simmer for 2min – add more milk if sauce gets too thick. Take off heat, discard onion halves, check seasoning, cover and keep warm.
4 Next, skim off and discard excess fat from the reserved roasting tin. Whisk in flour, picking up any crispy bits. Whisk in the wine and 50ml (2fl oz) of the stock, then strain mixture into a small pan. Add remaining stock and bring to the boil, whisking. Season and add redcurrant jelly to taste. If you want the flavour to be stronger, boil the gravy for a couple of minutes to reduce it.
5 Serve the partridge whole with its bacon, bread sauce and gravy. Enjoy with a handful of warm potato crisps and buttered steamed greens such as kale, if you like.

PER SERVING 978cals, 102g protein, 32g fat (13g saturates), 63g carbs (14g total sugars), 2g fibre





LISA FAULKNER'S
Beef Wellington

Chill or freeze any leftover pancakes and use them for a special breakfast.

Hands-on time **45min**, plus cooling, chilling and resting. Cooking time **about 1hr**. Serves **6**

FOR THE PANCAKES
- **200g (7oz) plain flour, plus extra to dust**
- **3 medium eggs**
- **300ml (½ pint) milk**
- **25g (1oz) butter**

FOR THE WELLINGTON
- **700-800g (1½lb-1lb 12oz) beef fillet, in a long, even piece**
- **1tbsp oil**
- **200g (7oz) chicken liver pâté**
- **500g block puff pastry**
- **1 medium egg, beaten**

FOR THE MUSHROOM DUXELLE
- **200g (7oz) mixed mushrooms**
- **50g (2oz) butter**
- **1 onion, finely chopped**
- **3 garlic cloves, chopped**
- **3tbsp fresh thyme leaves**
- **3tbsp fresh sage, chopped**



GH TIP
If using a thermometer, the temperature should read 45-50°C when inserted into the middle of the beef before removing from the oven (for medium) – it will continue to rise by up to 10°C while resting.

1 For the pancakes, put the flour into a large jug and whisk in the eggs and milk to make a smooth batter. Set aside to rest.
2 Season the beef. Heat the oil in a large frying pan and brown beef well on all sides. Set aside to cool to room temperature (reserve pan).
3 For the mushroom duxelle, finely chop the mushrooms (or pulse in a food processor). Heat the butter in the reserved pan and gently fry the onion and garlic until softened but not coloured. Add the chopped mushrooms and cook, without colouring, for 5min or until there is little moisture left in the pan. Season and stir in the thyme and sage. Transfer to a medium bowl and set aside to cool.
4 Continue with the pancakes; in a medium frying pan, melt the butter. Pour two-thirds into a small bowl (set aside). Pour a small amount of batter into the frying pan, swirling it to coat the base. Cook until golden underneath, then flip and cook for another minute. Remove pancake to a plate. Repeat to finish the batter, brushing pan with some reserved melted butter between each and separating cooked pancakes on plate with greaseproof paper. Leave to cool.
5 Add chicken liver pâté to the mushroom bowl and mix to combine. On a lightly floured surface, roll out the puff pastry to a rectangle large enough to wrap around the beef. Trim edges to neaten and reserve trimmings for decoration. Brush pastry sheet all over with some of the beaten egg. Layer enough of the pancakes over the pastry to cover it evenly, then spread/dot over the mushroom mixture. Sit the beef fillet in the middle, then wrap the pastry over the beef, folding in the edges like a parcel. Transfer to a baking tray, seam-side down. Brush all over with beaten egg. Re-roll trimmings and cut out decorations, if you like. Stick to the parcel, then brush with more egg. Chill for 20min.
6 Preheat oven to 190°C (170°C fan) mark 5. Cook beef on tray for 30–40min for medium. Leave to rest at room temperature for 15min before serving.

PER SERVING 810cals, 42g protein, 47g fat (24g saturates), 53g carbs (5g total sugars), 4g fibre □

ROAST PARTRIDGE RECIPE EXTRACTED FROM THE RIVER COTTAGE YEAR BY HUGH FEARNLEY-WHITTINGSTALL (HODDER & STOUGHTON). PORTRAIT OF HUGH: SIMON WHEELER. BEEF WELLINGTON RECIPE EXTRACTED FROM RECIPES FROM MY MOTHER FOR MY DAUGHTER BY LISA FAULKNER (SIMON & SCHUSTER). PORTRAIT OF LISA: CHRIS TERRY



Charlotte strikes back

Seven-year-old, beats massive strokes – that's something to sing about!

Being young and healthy is no protection against stroke, as Charlotte and her mother Leila discovered. Charlotte was hit by a major stroke in the middle of the night and was rushed to the hospital. She remained in a coma for two days and suffered more massive strokes. When she came round she couldn't speak, move or even blink. The doctors prepared Leila for the worst.

But Leila didn't give up. While she was singing to her daughter, Charlotte struck back and smiled. Within two weeks she was speaking. Three years on, she is running and playing again. 'It's a miracle to have Charlotte with us' Leila says.

Charlotte's incredible recovery was helped by the huge advances in stroke research we funded, which has completely changed the way stroke is treated. But with only a tenth of the funding given to cancer research, there's so much more to do.

You don't need to wait for a miracle, or even sing! You can join Charlotte in striking back against stroke by leaving us a gift in your Will.

Stroke association

Together we can conquer stroke.

Call 020 7566 1505 email legacy@stroke.org.uk or visit stroke.org.uk/legacy

Registered office: Stroke Association House, 240 City Road, London EC1V 2PR. Registered as a Charity in England and Wales (No 211015) and in Scotland (SC037789). Also registered in Northern Ireland (XT33805), Isle of Man (No 945) and Jersey (NPO 369). Stroke Association is a Company Limited by Guarantee in England and Wales (No 61274)

May your days be



Pretty centrepiece

Meringue Kiss Tower

MERRY... and white

PHOTOGRAPHY **GARETH MORGANS**



Surprise inside!

Hidden Snowball Cake

Good Housekeeping Institute TRIED & TESTED

Glistening blankets of freshly fallen snow at Christmas may not be guaranteed, but our Winter-white confections are all seasonal must-haves. From buttery biscuits to secret-centre cakes, our Triple-Tested sweets are one wish that will come true



After-dinner treat

Christmas Nougat

Sticky and heavenly: use your favourite unsalted nuts to make these moreish morsels.

Hands-on time **30min**, plus overnight setting. Cooking time **about 20min**. Makes about **36 squares**

- **175g (6oz) pistachio kernels**
- **100g (3½oz) blanched almonds**
- **75g (3oz) dried cranberries**
- **275g (10oz) granulated sugar**
- **150g (5oz) runny honey**
- **1tbsp liquid glucose, see GH Tip**
- **2 large egg whites, at room temperature**

YOU WILL ALSO NEED

- **Edible rice/wafer paper (available from lakeland.co.uk) or cornflour**

1 Preheat oven to 110°C (90°C fan) mark ¼. Spread nuts and cranberries on a baking tray and put into the oven to warm. Line base and sides of a 20.5cm (8in) square tin with baking parchment, leaving excess to hang over sides. Next, line base of tin with a rice paper square, trimmed to fit. If you don't have rice paper, dust with cornflour. Set aside.
2 In a medium pan, heat sugar, honey, glucose and 75ml (3fl oz) water over low heat. Once sugar dissolves, turn up heat and boil until temperature reaches 157°C on a sugar thermometer.
3 Just before mixture reaches this temperature, beat egg whites in a freestanding mixer to stiff peaks. With the motor running (and the honey mixture at 157°C), carefully pour the hot liquid into the egg bowl (trying not to get it on the whisk). Continue whisking for 10-15min or until the outside of the bowl feels warm (not hot) and the mixture is thick, elastic and coming away from the sides of the bowl. Mix in the warm nuts and berries with a large spoon.
4 Spread mix in prepared tin with a wet spatula. Press a layer of rice paper on top (or dust with cornflour and top with baking parchment). Leave to set overnight at room temperature.
5 Using the excess parchment, lift nougat out on to a board. Trim edges to neaten, then cut into rough 3cm (1¼in) squares.

PER SQUARE **100cals, 2g protein, 4g fat (1g saturates), 13g carbs (13g total sugars), 1g fibre**

TO STORE Keep squares in an airtight container at cool room temperature for up to 2 weeks.

GH TIP Lightly grease spoon with oil before measuring liquid glucose to avoid a sticky mess.

DECORATE IT

Snowstorm Cake

This Wintery decoration idea can be as simple or advanced as you fancy. We've used florist paste (also known as petal or gum paste) to make our snowflakes, as it dries quickly and firmly. You can also use ready-to-roll fondant or sugarpaste – just make sure you leave time (at least 2 days) for your snowflakes to dry.

Hands-on time **2hr**, plus overnight drying. Serves **16**

- **2 x 200g packs white florist/petal/gum paste (available from squires-shop.com)**
- **250g (9oz) icing sugar, sifted, plus extra to dust**
- **2tbsp apricot jam**
- **20.5cm (8in) round Christmas fruit cake (we used GH Gin and Tea Christmas Cake, see below)**
- **500g (1lb 2oz) natural marzipan**
- **500g (1lb 2oz) ready-to-roll white fondant/sugarpaste icing**
- **2tsp gin, or use freshly boiled and cooled water**
- **1 medium egg white**

YOU WILL ALSO NEED

- **Snowflake cutters of various sizes, see GH Tips**
- **Silver/pearly lustre, optional**
- **Silver dragees**

1 Start by making the snowflakes (up to a month ahead). Working with small handfuls of florist paste at a time (keep rest covered as it dries out quickly), roll out on a work surface lightly dusted with icing sugar to 3mm (⅛in) thickness. Stamp out snowflake shapes of various sizes. Repeat with remaining paste. Leave to dry overnight on baking trays lined with baking parchment until solid (if using fondant/sugarpaste, this will take longer).
2 The day before you want to assemble the cake decoration, in a small pan, gently warm jam to loosen. Pass through a sieve into a small bowl. Put cake on a board and brush top and sides with sieved jam. Set aside.
3 Lightly dust a work surface with icing sugar and roll out marzipan until large enough to cover cake (see GH Tips). Lift on to cake and gently smooth into position with your hands. Trim excess. Leave overnight to allow marzipan to harden slightly.
4 When marzipan has hardened, lightly dust a work surface with icing sugar and roll out fondant icing until large enough to cover cake (see GH Tips). Brush marzipan with gin or cooled, boiled water to moisten. Cover cake with icing, smoothing all over with your hands as before. Trim excess. Transfer to a cake stand or plate.
5 If using, brush lustre on to the dried snowflakes and set aside.
6 In a medium bowl, whisk egg white to stiff peaks, then add icing sugar and whisk until very thick. Spoon into a piping bag fitted with a fine 3mm (⅛in) nozzle (or snip the end of piping bag to make a small opening).
7 Pipe icicles of varying lengths on to the side of the cake (hanging down from the top). Pipe a circle of dots around base of cake. Next, use the icing to stick the snowflakes on the top and sides of the cake – we broke some in order to stick them at right-angles to the cake. Finally, fix on some silver dragees with the icing. Allow icing to harden.

GET AHEAD The hardened snowflakes keep for weeks, packed between layers of kitchen paper in a container at room temperature.

TO STORE The decorated cake will last for up to 2 weeks.

GH TIPS

- Our cutters came from cakescookiesandcraftsshop.co.uk.
- To measure whether marzipan or sugarpaste is large enough to cover your cake, use a piece of string. Cut string so it's long enough to go up one side of the cake, over the top (centrally), then down the opposite side. Measure the rolled-out marzipan/sugarpaste using the string.

✶ See goodhousekeeping.co.uk/food/gin-tea-christmas-cake or the November issue for our Gin and Tea Christmas Cake recipe.


Let it snow!

Make this Christmas
one they'll never forget.











Find everything you need for an extraordinary Christmas in store and online at **lakeland.co.uk**

LAKELAND
online | mobile | in store



Minty White Chocolate Meringue Roulade

It's hard to resist such pillowy perfection! If you're not a fan of peppermint, just leave it out.

Hands-on time **30min**, plus (optional) overnight drying and cooling. Cooking time **15min**. Serves **6**

TO DECORATE, OPTIONAL
- **Few mint leaves or small sprigs**
- **1 large egg white**
- **Caster sugar, to sprinkle**

FOR THE ROULADE
- **4 large egg whites**
- **175g (6oz) caster sugar**
- **1½tsp cornflour**
- **1tsp white wine vinegar**
- **4tbsp icing sugar**
- **200ml (7fl oz) double cream**
- **Peppermint extract, to taste**
- **100g (3½oz) white chocolate, grated**

1 If making decoration, lightly brush mint leaves on both sides with egg white (don't dip) then sprinkle well with caster sugar to coat evenly. Leave to harden overnight on a baking sheet lined with baking parchment.
2 To make the roulade, preheat oven to 180°C (160°C fan) mark 4 and line a 23 x 33cm (9 x 13in) Swiss roll tin with baking parchment.
3 In a large grease-free bowl, using a handheld electric whisk, beat the egg whites to stiff peaks. Gradually add caster sugar, whisking to stiff peaks after each addition – the meringue should be thick and glossy. Quickly whisk in cornflour and vinegar. Spread into prepared tin, smoothing to level.
4 Bake for 15min until puffed and firm. Cool for 10min in tin (meringue will sink on cooling). Lift (in its paper) on to a wire rack to cool completely.
5 Lay a sheet of baking parchment larger than the meringue on a work surface. Dust evenly with half the icing sugar. Invert meringue on to the parchment. Lift tin off and peel away lining parchment.
6 In a medium bowl, whip the cream, remaining icing sugar and peppermint extract (a little goes a long way!) to soft peaks. Spread over meringue and sprinkle over most of the chocolate. With the help of the parchment, roll up the roulade from one of the short edges. Transfer to a serving plate.
7 Sprinkle over remaining chocolate and decorate with mint leaves, if made.

PER SERVING **424cals, 4g protein, 23g fat (14g saturates), 50g carbs (49g total sugars), 0g fibre**

GET AHEAD Prepare to end of step 6 up to a day ahead. Loosely cover with foil and chill. Complete recipe to serve (re-dusting with icing sugar if needed).

Vanillekipferl

These Austrian biscuits are a popular Christmas treat.

Hands-on time **15min**, plus chilling and cooling. Cooking time **about 15min**. Makes about **30 biscuits**

- **175g (6oz) unsalted butter, softened**
- **150g (5oz) caster sugar**
- **3 vanilla pods**
- **2 medium egg yolks**
- **150g (5oz) ground almonds**
- **250g (9oz) plain flour**
- **75g (3oz) icing sugar, sifted**

1 In a food processor, whiz butter, 75g (3oz) of the caster sugar and seeds from 2 vanilla pods to form a stiff paste. Pulse in egg yolks, followed by ground almonds and flour. Tip on to a work surface, bring together to make a dough, wrap in clingfilm and chill for 1hr.
2 Preheat oven to 180°C (160°C fan) mark 4. Line 3 baking sheets with baking parchment. Unwrap dough. Break off a walnut-sized piece and squeeze into a slightly tapered sausage shape, bending into a crescent. Repeat with remaining dough. Arrange on prepared sheets, 2cm (¾in) apart.
3 Bake for 12-15min until lightly golden. Meanwhile, make vanilla sugar by pulsing the remaining caster sugar and the seeds from the remaining vanilla pod in a food processor until vanilla is evenly distributed. Empty into a shallow bowl.
4 Carefully toss the warm biscuits in the vanilla sugar, then leave to cool completely on a wire rack.
5 When cool, coat biscuits in the icing sugar and serve.

PER BISCUIT **139cals, 2g protein, 8g fat (3g saturates), 14g carbs (8g total sugars), 1g fibre**

TO STORE Keep in an airtight container at room temperature for up to a week.



REMEMBER A LOVED ONE THIS CHRISTMAS

WE ARE MACMILLAN. CANCER SUPPORT

Losing a loved one to cancer is one of the toughest things a family can go through. This Christmas you can remember someone you've lost with a Macmillan Christmas Star.

Donate just £5 today and we'll send you the Macmillan Christmas Star as a thank you. Your £5 will help Macmillan nurses provide urgently needed support for people facing cancer this Christmas and their families.

Give **£5** to Macmillan Cancer Support by texting

STAR12 to **70550**

or call **0800 408 3861**. We'll send you a Christmas Star in memory of a loved one and your gift will help make sure no one faces cancer alone. Thank you.

Texts cost £5 + std rate. Obtain billpayers permission. Age 16+. UK mobiles only. We will call you back to take your details to post your Christmas Star and to talk to you about ways you can support us, visit http://goo.gl/8MidHb if you'd rather we didn't. Macmillan Cancer Support is a registered charity in England & Wales 261017, Scotland SC039907, and Isle of Man 604. We receive 95p per £1 given this way. Full Terms and Conditions at http://goo.gl/uMS4AL Queries? 0300 1000 200

Tropical Baked Alaska

Not as tricky as you might think: just make sure the frozen yogurt is completely covered in meringue before baking to prevent melting.

Hands-on time **20min**, plus freezing. Cooking time **about 4min**. Serves **6**

- **2 x 500ml tubs coconut frozen yogurt**
- **75g (3oz) passion fruit curd or lemon curd**
- **3 large egg whites**
- **200g (7oz) caster sugar**
- **1tsp cornflour**
- **1tbsp Malibu, optional**
- **1 medium sponge flan case, about 15cm (6in) diameter (we used Edler's)**

1 Double-line a 1 litre (1¾ pint) pudding basin with clingfilm, leaving excess hanging over sides. Set aside. In a large mixing bowl mash frozen yogurt until softened slightly, then swirl through curd as best you can. Spoon into lined basin, pressing down to level, and freeze for 3hr or until solid again. **2** Preheat oven to 220°C (200°C fan) mark 7. In a large grease-free bowl, whisk egg whites to soft peaks. Gradually add the sugar, whisking up to stiff peaks after each addition until meringue is stiff and glossy. Whisk in the cornflour and the Malibu, if using. **3** Put flan case on an ovenproof serving plate. Invert the frozen yogurt into the central dip of the case, then remove basin and clingfilm. Cover frozen yogurt and case completely in meringue, swirling into peaks with the back of a spoon. Ensure there are no gaps, and make sure meringue goes right down to the plate. **4** Bake in preheated oven for 3-4min until golden. Let stand for 5-10min, to allow frozen yogurt to soften slightly, then serve.

PER SERVING 503cals, 8g protein, 30g fat (26g saturates), 50g carbs (44g total sugars), 0g fibre

GET AHEAD Prepare to end of step 3 and freeze, uncovered (make sure your serving plate is freezerproof) for up to 2 days. To serve, preheat oven to 220°C (200°C fan) mark 7 and bake on plate for 6-7min until golden. Let stand for 5-10min (to allow frozen yogurt to soften slightly), then serve.



Twist on a classic

Lindt

SWISS LUXURY SELECTION

Indulge in the finest chocolate *Masterpieces*

Experience a unique chocolate journey through a variety of the finest Swiss chocolate masterpieces, each created with the special care and attention of the Lindt Swiss Master Chocolatier.





Lindt Master Chocolatier since 1845

White Russian Pannacotta

Based on the popular drink, these feisty little puddings are a real treat.

Hands-on time **15min**, plus chilling. Cooking time **about 5min**. Serves **6**

FOR THE COFFEE LAYER

- **2 gelatine leaves, we used Costa Fine-Leaf**
- **125ml (4fl oz) strong coffee**
- **40g (1½oz) caster sugar**
- **2tbsp coffee liqueur, such as Kahlua or Tia Maria**

FOR THE CREAMY LAYER

- **6 gelatine leaves, we used Costa Fine-Leaf**
- **300ml (½ pint) double cream**
- **300ml (½ pint) milk**
- **100g (3½oz) caster sugar**
- **75ml (3fl oz) vodka**
- **Cocoa powder, to dust**

1 To make the coffee layer, cover gelatine with cold water and set aside for 5min to soften.
2 Meanwhile heat coffee and sugar in a small pan, stirring, until sugar dissolves. Lift gelatine out of the water (squeeze out excess) and stir into coffee mixture to dissolve. Take pan off heat and stir in the coffee liqueur. Divide among six glasses. Chill until set, about 2hr.
3 Meanwhile, make the creamy layer. Soak gelatine in cold water as before. Heat the cream, milk and sugar in a medium pan, stirring until sugar dissolves. Lift gelatine out of water (squeeze out excess) and stir into the cream mixture to dissolve. Take pan off heat, add the vodka, transfer mixture to a jug, cover and cool until needed.
4 When the coffee layer has set, carefully top with the cream mixture (make sure it's completely cool first). Chill until set.
5 Dust lightly with cocoa powder and serve.

PER SERVING **417cals, 5g protein, 28g fat (17g saturates), 28g carbs (28g total sugars), 0g fibre**

GET AHEAD Make to end of step 4 up to 2 days ahead. Chill. Complete recipe to serve.



TRIED, TESTED, TRUSTED

Good Housekeeping Institute TRIED & TESTED

You can always rely on Good Housekeeping's recipes to work first time. One of the Cookery Team develops each recipe we feature until they're happy it's perfect. Another member of the team then makes it again to ensure the method is foolproof (at which stage the food is also tasted by lots of other key magazine members). Our third and final test happens on the photoshoot. So that's a minimum of three tests for every single recipe – our guarantee to you that they'll work! Remember always to use calibrated measuring spoons and accurate scales for ultimate success.

Meringue Kiss Tower

If you like, pack up some kisses in cellophane bags – they make gorgeous gifts.

Hands-on time **40min**, plus cooling. Cooking time **about 45min**. Makes **about 50 meringues (25 kisses)**

FOR THE MERINGUES
- **4 large egg whites**
- **250g (9oz) caster sugar**
- **½tsp white wine vinegar**
- **1tsp cornflour**

FOR THE BUTTERCREAM
- **150g (5oz) unsalted butter, softened**
- **275g (10oz) icing sugar, sifted**
- **2tbsp cranberry sauce**

1 Preheat oven to 110°C (90°C fan) mark ¼. Line three large baking sheets with baking parchment. In a large bowl, whisk egg whites to stiff peaks with an electric whisk. Add sugar 1tbsp at a time, whisking constantly, until it has all been added and the meringue is thick and glossy. Quickly beat in the vinegar and cornflour.
2 Spoon half the meringue into a piping bag fitted with a 1cm (½in) star or flower nozzle. Pipe into 4cm (1½in) 'kisses' on the prepared sheets, spacing them about 2cm (¾in) apart. Repeat with remaining meringue – you should have about 50 kisses in total. Bake for 45min, then turn the oven off and leave the meringues inside to cool completely.
3 To make the buttercream, beat the butter and icing sugar until creamy (go slowly at first to prevent an icing sugar cloud), then beat in the cranberry sauce. Use to sandwich the meringues together, reserving a little buttercream to cement the tower together.
4 To assemble the tower, spread a little buttercream on a cake stand or plate and cover with a layer of meringue kisses. Stack them in a pyramid, using buttercream to secure as needed. Serve in triumph.

PER FILLED KISS **134cals, 1g protein, 5g fat (3g saturates), 22g carbs (22g total sugars), 0g fibre**

TO STORE Store cooled meringues (not iced) in airtight containers for up to 5 days.



Hidden Snowball Cake

This tastes as good as it looks – the icing is buttery but silky and light.

Hands-on time **1hr**, plus cooling and chilling. Cooking time **about 45min.** Serves **12**

FOR THE CAKE
- **325g (11½oz) unsalted butter, softened, plus extra to grease**
- **450g (1lb) self-raising flour, plus extra to dust**
- **300g (11oz) caster sugar**
- **6 large eggs, lightly beaten**
- **1tbsp vanilla extract**

FOR THE ICING AND FILLING
- **225g (8oz) egg whites, we used Two Chicks (or use fresh eggs)**
- **450g (1lb) granulated sugar**
- **450g (1lb) unsalted butter, softened**
- **1tbsp vanilla extract**
- **About 250g (9oz) toffee bonbons**

1 Preheat oven to 180°C (160°C fan) mark 4. Grease base and sides of two 20.5cm (8in) round cake tins and dust with flour, tapping out excess. If you only have one cake tin, bake the cakes in two batches.
2 To make the cake, using a freestanding mixer beat the butter until smooth, then add the sugar and beat until light and fluffy – about 5min.
3 Gradually add the eggs, beating well after each addition. If the mixture looks as if it might curdle, add a spoonful of the flour. Beat in the vanilla, then fold in flour with a large metal spoon.
4 Divide mixture between the prepared tins, level and bake for 35-40min or until risen and a skewer inserted into the centre comes out clean. Cool in tins for 10min, then take out of tin and cool completely on a wire rack.



5 To make the icing, put egg whites and sugar in a heatproof bowl set over a pan of simmering water. Heat, stirring occasionally, until sugar dissolves (rub between thumb and forefinger to make sure there are no sugar granules left). If using fresh eggs rather than pasteurised egg whites, heat mixture to 71°C. Take off heat and cool to room temperature.
6 In a freestanding mixer, using the paddle attachment, beat the butter on high speed for 1min or until creamy and slightly lightened. Reduce speed to medium and gradually pour in the cooled egg mixture. Scrape down the sides of the bowl, then turn the speed up to high and beat for a further 2min. Add the vanilla, then beat on high for a further 1min until light and creamy.
7 To assemble, split both cakes in half horizontally. From the centre of three of the halves, cut out a 7.5cm (3in) disc. Set these middle circles aside (see GH Tip).
8 Sandwich the three cake rings together using some of the icing. Scantly ice outside of cake stack (to make final icing neater), as well as the inside of the central hole. Transfer to your chosen stand or plate. Chill until firm (about 30min).
9 Fill hole with bonbons and top with the final layer of cake. Spread a neat layer of icing over top, then transfer remaining icing to a piping bag fitted with a Wilton 1M star nozzle. Pipe rosettes on to sides. Chill cake, if needed, to firm up.
10 Allow to come up to room temperature (if chilled) before serving in slices – remember not to push the knife hard into the centre!

PER SERVING (without bonbons) **793cals, 8g protein, 50g fat (31g saturates), 77g carbs (57g total sugars), 1g fibre**

GH TIP Use any leftover cake to make a trifle, or freeze for future use. □

RECIPES AND FOOD STYLING: MEIKE BECK, SUZANNAH BUTCHER, ELIZABETH HUTCHINSON.
RECIPE TESTING: MADELINE BURKITT. PROP STYLING: JENNY IGGLEDEN

Ode to the cow.

The harsh elements effortlessly withstood.
The green power that does so much good.
The Cheddar's sweet, nutty, rounded flavour.
The many shiny awards we'll always savour.
The lush, Somerset pastures you love to chew.
So we can be at one with nature. Just like you.



Made from nature by nature.

wykefarms.com

klean kanteen®

HOT.

Klean Kanteen vacuum insulated bottles kick single use coffee cups to the curb.

#BringYourOwn

www.whitbyandco.co.uk/klean-kanteen





Supporting
FRANKWATER
1% FOR THE PLANET
MEMBER

Good Housekeeping Institute
COOKERY SCHOOL

Come cook with us!

Learn hands-on cooking skills from our expert team in the heart of London. Whether you're keen to learn the basics or an experienced home cook wanting to extend your repertoire, there's a course for you featuring Good Housekeeping Triple-Tested recipes









BOOK NOW!

With over 20 courses, there is something for everyone at The Good Housekeeping Institute Cookery School. Half-day courses cost just £90; full-day courses are £180. See the full class schedule and book online at goodhousekeeping.co.uk/institute/cookery-school or call 020 7439 5500* to speak to a member of the team.

*Calls from landlines are charged at the standard national rate; calls from mobiles may cost more.

Good Housekeeping – teaching the nation to cook since 1922

21-25 St Anne's Court, London W1F 0BJ. email: cookeryschool@goodhousekeeping.co.uk

Christmas with a twist

Finish your seasonal meal with an incredible, indulgent dessert... It's simple with a little help from Carte D'Or



Carte D'Or Ice Cream Christmas Pudding

Turn the page to find out how to make this delicious dessert and other delights with Carte D'Or ice cream.



Carte D'Or Ice Cream Christmas Pudding

Soften a **900ml tub of Carte D'Or Gelateria Chocolate Brownie ice cream** in the fridge for 15min. Line a 1 litre (1¾pint) pudding bowl with three layers of clingfilm. Mix **100g (3½oz) each of dried cranberries and pistachios** through the softened ice cream. Spoon into the prepared pudding basin, smooth and freeze overnight. To serve, gently melt some **white chocolate**, turn out the ice cream pudding on to a serving plate or cake stand, drizzle over the melted chocolate and decorate with mini baubles for a festive finish.



TIP

Next time, try dipping balls in chopped nuts or chocolate strands





Brilliant Ice Cream Baubles

Working quickly, scoop round balls of **Carte D'Or Vanilla Ice Cream** on to a baking sheet lined with baking parchment. Freeze until completely solid. To serve, half-dip each ball in a bowl of **sugar sprinkles**. Thread a short length of ribbon through mini cake cases and rest on top of each ball.

APPROVED BY THE GHI EXPERTS The Vanilla, Strawberry and Gelateria Chocolate Inspiration flavours of Carte D'Or all have the Good Housekeeping Institute Approved endorsement. GHI experts and a consumer panel test for taste, texture, aroma and overall appearance. Only products that pass this rigorous Quality Assessment test are endorsed by the Good Housekeeping Institute.

Good Housekeeping Institute
APPROVED 2015

Hazelnut and Salted Caramel Ice Cream Macaroon Stack

This is a stunning alternative to traditional puddings. Decorate the top or pile on chocolate curls for an impressive finish.

Hands-on time **30min**, plus cooling. Cooking time **1¼ hours**. Serves **8**

- **125g (4oz) blanched hazelnuts**
- **3 medium egg whites**
- **200g (7oz) icing sugar, sifted**
- **¼tsp bicarbonate of soda**
- **900ml tub Carte D'Or Salted Caramel**

1 Preheat oven to 130°C (110° fan) mark ½. Line two large baking sheets with baking parchment. On to each sheet of parchment, draw a 20.5cm (8in) circle, then flip over so the ink is on the bottom.

2 Put hazelnuts into a food processor and whiz until coarsely ground (don't over-process or nuts will become oily). Set aside.

3 Put the egg whites into a large bowl and beat with a handheld electric whisk until they hold firm peaks. Add half the icing sugar and the bicarbonate of soda and (going slowly at first to prevent an icing sugar cloud) beat back up to stiff peaks. Add remaining icing sugar and the ground nuts, and fold into the egg whites using a large metal spoon.

4 Divide the hazelnut mixture between the two circle templates and spread into even rounds. Bake for 1¼hr, then turn off the oven and leave to cool completely inside.

5 To assemble, peel one of the meringue discs off the parchment and put on to a cake stand. Cover with balls of Carte D'Or Gelateria Salted Caramel ice cream and top with the remaining meringue disc. Decorate, if you like, and serve immediately.




Fill with your
favourites

Spice Cinammon Biscuit Alaska Pie

A sweetly spiced version of an all-time classic.

Hands-on time **25min**, plus freezing. Cooking time, **about 4min**. Serves **8**

- **200g (7oz) gingernut biscuits**
- **75g (3oz) pecans**
- **75g (3oz) unsalted butter, melted**
- **900ml tub Carte D'Or Cinnamon Biscuit Ice Cream**
- **4 medium egg whites**
- **200g (7oz) caster sugar**
- **1tsp cornflour**

1 In a food processor, whiz the biscuits and pecans into fine crumbs. Tip into a bowl and mix in the melted butter. Firmly press the mixture evenly into base and up the sides of a 3.5cm (1⅓in) deep, 20.5cm (8in) round fluted tart tin. Freeze for 15min until solid.
2 Scoop Carte D'Or Cinnamon Biscuit ice cream into the biscuit base (still in tin) and smooth until roughly level. Freeze until ice cream is solid.
3 To serve, preheat oven to 220°C (200°C fan) mark 7. In a large grease-free bowl, whisk egg whites until they hold stiff peaks. Gradually add the sugar, whisking well between each addition – the meringue should be stiff and glossy. Whisk in the cornflour.
4 Working quickly, pile the meringue on to the ice cream layer, making sure it covers the ice cream completely. Swirl into peaks.
5 Bake in preheated oven for 3-4min until golden. Remove from tin and serve immediately.





TIP

Make sure you cover the ice cream completely to avoid any melting when baking

Ice Cream Sharing Bowl (OPPOSITE)

Half blow up a balloon, then tie and tape it, knot-side down, into a small bowl or glass. Grease balloon with softened butter and chill. Pour over some **melted dark chocolate** to make a bowl shape. Chill to set, then brush over more melted dark chocolate and chill. Repeat process 2 or 3 times, finishing with a drizzle of **melted white chocolate**. Pop the balloon and carefully peel it out. Fill with balls of **Carte D'Or Rum & Raisin, Praline and Cinnamon Biscuit ice cream**.







TIP

We used Mikado biscuits, but you could also serve this cocktail with chocolate cigarillos or wafer rolls

Carte D'Or Ice Cream Cocktail Puddings

For each serving, in a small jug mix **100ml (3½fl oz) milk** and **1tbsp each spiced rum and coffee liqueur**. Chill. To serve, pour into a martini glass and scoop in a ball of **Carte D'Or Gelateria Salted Caramel** ice cream. Serve with **chocolate-coated biscuits** or wafer rolls and a spoon.



Festive Chocolate Ice Cream Yule Log

Treat chocolate lovers to this rich and indulgent dessert.

Hands-on time **30min**, plus cooling. Cooking time, **about 12min**. Serves **12**

- **125g (4oz) caster sugar, plus extra to dust**
- **3 large eggs**
- **100g (3½oz) self-raising flour**
- **25g (1oz) cocoa powder**
- **900ml tub Carte D'Or Gelateria Chocolate Inspiration Ice Cream**

FOR THE ICING

- **75g (3oz) dark chocolate, chopped**
- **100g (3½oz) unsalted butter, softened**
- **125g (4oz) icing sugar, plus extra to dust**

1 Preheat oven to 180°C (160°C fan) mark 4. Line a 33 x 23cm (13 x 9in) Swiss roll tin with baking parchment. In a large bowl, whisk the caster sugar and eggs with an electric whisk until thick and fluffy, about 10min. Sieve over the flour and cocoa. Fold in, being careful not to knock out too much of the air. Pour into the prepared tin and gently smooth the surface. Bake for 10-12min until just firm.

2 Place a piece of baking parchment, larger than the sponge, on to a work surface and dust with caster sugar (to prevent sticking). Invert the sponge on to the baking parchment paper, lift off tin and peel away the lining paper. Cover sponge with a tea towel and leave to cool. Meanwhile soften the ice cream for 15min in the fridge.

3 When the sponge is cool, spread the softened Carte D'Or Chocolate Inspiration ice cream over the sponge (leaving a small border to prevent spillage). Using the baking parchment to help, roll the sponge up as tightly as you can. Trim the ends, then wrap the roll tightly in the baking parchment and freeze while you make the icing.

4 For the icing, gently melt the chocolate, then set aside to cool to room temperature (about 15-20min). Beat the butter and icing sugar to creamy consistency, then beat in the cooled chocolate. Spread the Yule Log with the icing, and use a fork to make wood marks. Freeze on a tray for at least 6 hours. To serve, leave at room temperature for 10-15min to soften slightly, then dust with icing sugar. Serve in slices.

Good Housekeeping Institute APPROVED 2015




Double
chocolate heaven



Mincemeat Tart with Carte D'Or Ice Cream

Ring the changes with this new take on traditional mince pies.

Hands-on time **15min**. Cooking time about **20min**. Makes **9**

- **Flour, to dust**
- **500g pack of puff pastry**
- **275g (10oz) mincemeat**
- **1 medium egg, beaten**
- **1 tsp demerara sugar**

1 Preheat oven to 200°C (180°C fan) mark 6. Line a large baking sheet with baking parchment. On a lightly floured surface roll out the pastry to 28 x 28cm (11 x 11in). Trim the pastry to 24 x 24cm (9½ x 9½in), reserving the two strips. **2** Cut the puff pastry into nine squares (each about 8 x 8cm (3¼ x 3¼in). Score a border about 1cm (½in) around the inside of each pastry square, prick the middle with a fork. Cut out 18 small stars from the remaining pastry strips. **3** Arrange pastry squares on the baking sheet. Spread 1tbsp mincemeat inside the border of each tart, then top with a few pastry stars. Brush pastry with beaten egg and sprinkle with sugar. Bake for 15-20min until golden and puffed. Serve hot or at room temperature with a ball of smooth Carte D'Or Vanilla ice cream.

Win a place on an exclusive dessert masterclass

You and a guest could attend an exclusive dessert and ice cream masterclass at the Good Housekeeping Institute Cookery School, in association with Carte D'Or, on Friday, 11 December. The winner will also be treated to an overnight stay for two at a central London boutique hotel in a twin room with breakfast, plus lunch before the class – and, of course, the chance to eat the desserts they make! The winner and their guest will receive a goodie bag to take home. ***Visit cartedorscoop.co.uk for full terms and conditions and your chance to enter.***

'Tastes rich and creamy, with an authentic vanilla flavour. Attractive black vanilla seeds.'

Carte D'Or Vanilla tested by the Good Housekeeping Institute



*Visit **cartedorscoop.co.uk** for further information on the Carte D'Or collection, including the Classic and Gelateria ranges.*

CARTE D'OR

Celebrate with us!



JUST
£4.99

ON SALE NOW

COLLECT: in stores
CLICK: hearstmagazines.co.uk/GH/xmas15
CALL: 0844 848 1601* (quote ref JGH10118)

*Lines open weekdays 8am-9.30pm; Saturdays 8am-4pm. Calls cost up to 5p a minute, plus your telephone company's network access charge.

NEXT MONTH IN

Good Housekeeping



STYLE
YOUR HOME LIKE PAULA PRYKE'S

CELEBRATE
the New Year



REVIVE
with healthy recipes that are filling and full of flavour



Let's get this party started!



PHOTOGRAPHY: TONY MCGEE (FASHION), TIM WINTER (HOMES), MYLES NEW AND WILL HEAP (FOOD), ADDITIONAL PHOTOGRAPHY: GARETH MORGANS/HEARST MAGAZINES UK, GETTY

Visit

goodhousekeeping.co.uk

All you need for CHRISTMAS – gift ideas, buying guides, inspiration, recipes



4,000+ TRIPLE-TESTED RECIPES



LAST-MINUTE GIFT IDEAS FOR EVERYONE



VIDEO: HOW TO DECORATE YOUR TREE



GADGETS & GIZMOS: BUY THE BEST



VIDEO: HOW TO MAKE MINCE PIES



TRIED & TESTED: PARTY CHAMPAGNE

■ **Competition terms and conditions** Entrants must be aged 18 or over and reside in the UK. Employees of Hearst Magazines UK and their families and sponsors/promoters or associated companies are not eligible to enter. One prize opportunity per entry. Proof of postage is not proof of receipt. Prize-draw winners will be drawn at random after the closing date and will be notified within a month of the closing date. Winners must take part in publicity if required. For a list of winners, send an SAE to Good Housekeeping, 72 Broadwick Street, London W1F 9EP. The judges' decision is final. Sponsors/promoters, and not Hearst Magazines UK, are responsible for all prizes and may alter prizes if necessary. No cash alternatives.

■ We do our best to ensure the firms and organisations mentioned are reputable, but the Editor can give no guarantee that they will fulfil their obligations under all circumstances. Prices may be subject to change. The results of GHI independent testing are the opinions of the GHI only and should be treated as such. To the extent permitted by law, Hearst Magazines UK excludes any liability for loss, damage or other liability arising from advice given in consumer and cookery features. Products bearing the GHI Approved logo are not manufactured, sold or serviced by the GHI. Issue: December 2015. Printed and bound by Polestar Chantry, Wakefield, West Yorkshire WF2 0XQ. Distributed by Comag.

For existing UK subscription enquiries, change of address notifications or to order back issues, please call 0844 848 5203*, email hearstmagazines@subscription.co.uk or write to Good Housekeeping, Hearst Magazines UK, Tower House, Sovereign Park, Lathkill Street, Market Harborough, Leicestershire LE16 9EF. Please quote your subscription number.
For a new UK subscription or to renew a UK subscription, please call the order hotline on 0844 848 1601* or visit hearstmagazines.co.uk. Phone lines open weekdays, 8am-9.30pm; Saturdays, 8am-4pm. *Calls cost up to 5p a minute plus your telephone company's network access charge.

Good Housekeeping, ISSN 0017-2081, is published monthly (12 times per year) by Hearst Magazines UK, c/o USACAN Media Dist Srv Corp, 123A Distribution Way Building H-I, Suite 104, Plattsburgh, NY 12901. Periodicals postage paid at Plattsburgh NY.
POSTMASTER: Please send North American address changes to Good Housekeeping c/o Express Mag, PO Box 2769, Plattsburgh NY 12901-0239.

ON SALE 3 DECEMBER 2015

PRIORITY ORDER FORM Ref: XGH10967

☐ **YES!** I would like pay **£24.99** for 12 issues by Direct Debit (option **A**)
☐ **YES!** I would like pay **£25.99** for 12 issues by cheque or credit/debit card (option **B** or **C**)

YOUR DETAILS

(Please enter your details when ordering both personal and gift subscriptions).

Miss/Ms/Mrs/Mr_____First name_____
Surname _____
Address_____
_____Postcode_____
†Email Address_____
†Mobile telephone no_____

†Please enter this information so that Hearst Magazines UK can keep you up to date with the latest offers, promotions and product information that we think you'll enjoy. You can unsubscribe from these messages at any time.

GIFT SUBSCRIPTION

Miss/Ms/Mrs/Mr_____First name_____
Surname _____
Address_____
_____
_____Postcode_____

PAYMENT METHOD

(Please complete your payment details in the relevant section)

A DEBIT DEBIT

☐ Pay **£24.99** every 12 months

Instruction to your bank or building society to pay by Direct Debit

Please fill in the form and send to: Freepost RSUY-LKGC-XJZS, Hearst Magazines, New Subscriber, Unit 4, Tower House, Sovereign Park, Market Harborough LE16 9EF

Service user number: 8 2 0 4 0 7

To: The Manager — Bank/building society

Address

Postcode

Name(s) of account holder(s)

Branch sort code

Bank/building society account number

Reference

Instruction to your bank or building society

Please pay Hearst Magazines UK Ltd Direct Debits from the account detailed in this instruction, subject to the safeguards assured by The Direct Debit Guarantee. I understand that this instruction may remain with Hearst Magazines UK Ltd and, if so, details may be passed electronically to my bank/building society.

Signature(s) — Date

Banks and building societies may not accept Direct Debit instructions for some types of account.

B CHEQUE PAYMENT

☐ I enclose my cheque for **£25.99** made payable to Hearst Magazines UK

C CREDIT/DEBIT CARD

Please charge **£25.99** to my:

☐ Visa/Debit card ☐ Mastercard ☐ Maestro (Issue no.☐☐)

Credit Card No. ☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐☐ ☐☐☐ Maestro only

Valid from ☐☐☐☐ Expiry date ☐☐☐☐

Signature _____Date _____

COMPLETE THE ORDER FORM ABOVE AND RETURN IT TO

Freepost RSUY-LKGC-XJZS, Hearst Magazines, New Subscriber, Unit 4, Tower House, Sovereign Park, Market Harborough LE16 9EF

TERMS & CONDITIONS Offer valid for UK subscriptions only. *All savings are based on each individual magazine cover price. **You will receive a greetings card by 18 December 2015. To guarantee delivery of your greetings card in time for Christmas, all orders must be received by 10 December 2015. All issues start with the February issue published in January 2016 (Men's Health, Women's Health and Town & Country will start with the March issue published in February 2016). Any orders received after this date will not be eligible for the greeting card service. This offer cannot be used in conjunction with any other subscription offer and closes 23 December 2015. Subscriptions may not include promotional items packaged with the magazine. The minimum subscription term is 12 issues with the exception of Men's Health which has 11 issues, Women's Health which has 10 issues, and Town & Country which is published quarterly. We'd like to keep in touch with relevant offers but please tick if you would rather not hear from us by post ☐ or phone ☐. We've teamed up with some great partners who would like to contact you occasionally but if you would prefer not to receive these messages tick here for post ☐ and phone ☐. If you'd like to hear from them by email tick here ☐ or SMS tick here ☐. For our data policy please visit www.hearst.co.uk/dp



Christmas just wouldn't be the same without Good Housekeeping – and now you can enjoy your favourite magazine all year round with this great offer. Each month, you'll get more of our famous Triple-Tested recipes, along with practical advice and product reviews from the experts at the Good Housekeeping Institute. You'll also find must-have fashion and beauty buys in every issue, plus clever ideas for your home and garden, no-nonsense health advice and in-depth, real-life features about women from all walks of life.

This year, give the gift that will last all year – a subscription to Good Housekeeping!

Lindsay Nicholson,
Editorial Director

BENEFITS FOR YOU

* **SAVE OVER £24** across the year
* **A FREE GREETINGS CARD** to present on Christmas Day**

YOUR FRIEND WILL ENJOY

* **A THOUGHTFUL GIFT** that will be appreciated all year
* **FREE DELIVERY** direct to their door every month
* **PLUS!** all the exclusive subscriber-only offers and discounts coming up in 2016

Banks and building societies may not accept Direct Debit instructions for some types of account.
This Guarantee should be detached and retained by the payer.

The Direct Debit Guarantee

- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits.
- If there are any changes to the amount, date or frequency of your Direct Debit, Hearst Magazines UK Ltd will notify you 10 working days in advance of your account being debited or as otherwise agreed. If you request Hearst Magazines UK Ltd to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit, by Hearst Magazines UK Ltd or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society.
- If you receive a refund you are not entitled to, you must pay it back when Hearst Magazines UK Ltd asks you to.
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

SPECIAL CHRISTMAS SUBSCRIPTION OFFER

GREAT GIFT IDEA FROM ONLY £24.99

A subscription is the ideal gift for friends, family – or even yourself



TO SUBSCRIBE

hearstmagazines.co.uk/gh/X10967

Call 0844 543 8074 quoting XGH10967

(Lines open Monday to Friday 8am-9.30pm, Saturday 8am-4pm)

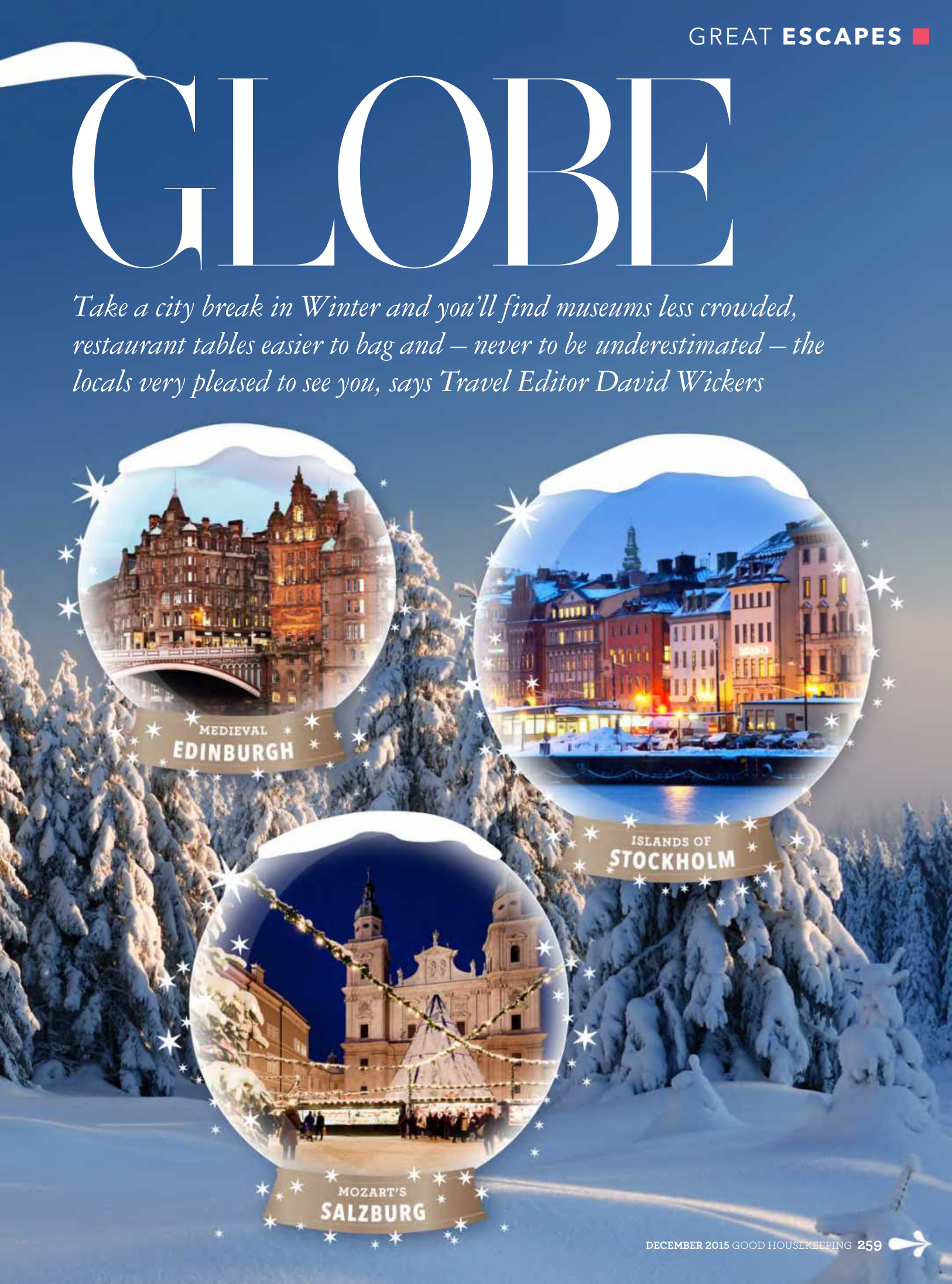
BT landline calls to 0844 numbers will cost no more than 5p a minute; calls from other networks may cost more.

Travel the Snow



GLOBE

Take a city break in Winter and you'll find museums less crowded, restaurant tables easier to bag and – never to be underestimated – the locals very pleased to see you, says Travel Editor David Wickers



Picture perfect **ZURICH**


Wrap up warm and take in the view from one of Zurich's waterfront cafes

In Winter, the cobbled streets of Zurich's Old Town are as pretty as a picture. The neighbouring Niederdorf quarter is home to the city's 50ft Christmas tree and there are five Christmas markets serving up everything from toasted nuts and fondue to local Swiss crafts.

Order a glühwein or steaming hot chocolate and wrap yourself in one of the blankets that hang over the seats outside Zurich's cafés and gaze at the River Limmat and Lake Zurich as the Winter sun bounces off the water. Then head to the Kunsthaus Museum of Modern Art, and the trendy Zurich West area.

Zurich's very own mountain, the Uetliberg, stands 2,850 feet above sea level and offers superb views of the city's rooftops. Day excursions into the Alps are also available: to Mount Rigi, for example, and the mammoth Jungfraujoch (11,500 feet above sea level), which you ascend by cog train.

❄ The Kameha Grand Zurich (kamehagrandzuerich.com) has doubles from £136. Flights with Swiss (swiss.com) from £147 return. For more details, visit myswitzerland.com. *Nathalie Bonney*


The Rhaetian Railway meanders through stunning alpine scenery

Elegant **ST MORITZ**

They say you are on top of the world in St Moritz – and this most glamorous of Swiss ski resorts certainly makes you feel that way. Even the rail journey from Zurich airport is euphoric – what lies ahead is a trip for which the words Gob and Smacking were made, the little red trains of the Rhaetian Railway snaking their way around and through mountains, along viaducts and past glaciers.

At St Moritz, liveried chauffeurs jostle at the station to collect their well-heeled visitors. There are eight five-star hotels and the valley's restaurants boast a total of eight Michelin stars. Winter tourism was born in St Moritz 150 years ago and its genteel charm remains to this day.

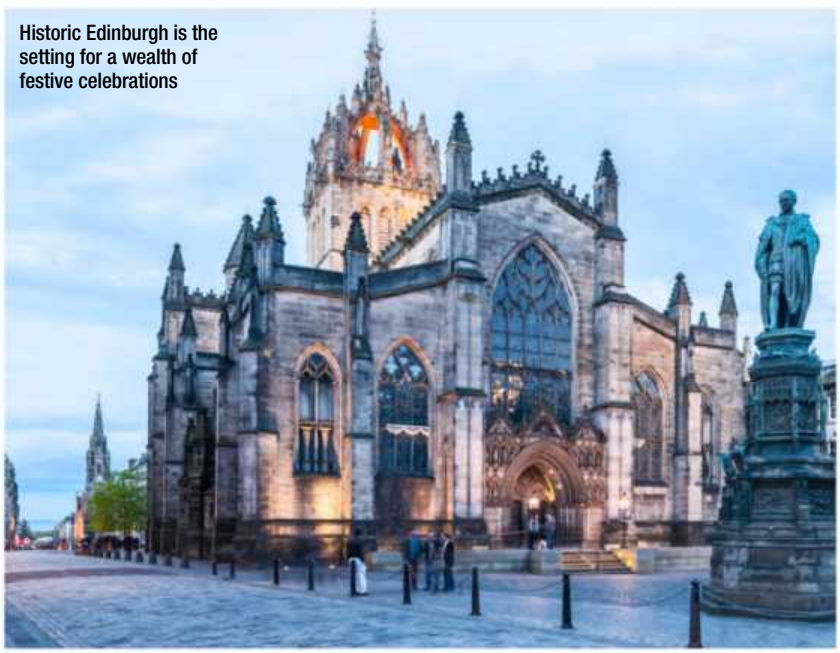
Even if you've no intention of skiing its 350km of pistes, there's plenty to do, from dining on mountain restaurant terraces or walking the trails, to simply enjoying the old-fashioned elegance that makes St Moritz unforgettable.

❄ The 100-year-old Carlton (carlton-stmoritz.ch) has doubles from 900 Swiss Francs B&B (around £600), including a 100 SF voucher pp for food and drink. *Michelle Hather*

Medieval **EDINBURGH**

Edinburgh's medieval Old Town, in the shadow of its awesome castle, combined with its passion for festive celebrations that keep going right through to Hogmanay, make the Scottish capital especially appealing in Winter, despite the short daylight hours. You'll find a traditional German market, an ice rink in St Andrew Square around the Melville Monument, and lots of action in Princes Street Gardens, with its street party and celebrations. The city also plays host to spectacular fireworks and a panto – although the planners keep the details under their hats until much nearer the time (and long after we go to press). And Edinburgh has a much better chance of a decent dusting of snow than anywhere down south.

❄ For more details, go to visitscotland.com.


Historic Edinburgh is the setting for a wealth of festive celebrations



Go where the current takes you.

Right now, you could be admiring the towers of a 12th-century castle while drifting down the waters of the Rhine. You could be in Vienna, along the Danube, at an Imperial Evening in a private palace. You could join the locals for a game of pétanque in a small town on the Rhône. Or feel your heart go pitter-patter as you share your 1,573rd date... in the City of Lights along the Seine. You could be on board, experiencing Tauck River Cruising. Creating personal connections with the people you meet and places you go. Discovering uncommon corners of old-world Europe.

Call your preferred travel agent or Tauck on 0800 810 8902
or visit www.tauck.co.uk

TAUCK

Guiding travellers since 1925

ABTA Y2225

www.tauck.co.uk

CLASSIC LAND JOURNEYS • RIVER CRUISING • SMALL SHIP CRUISING • FAMILY ADVENTURES

Not everyone enjoys a break at Christmas

Christmas can be pretty hard on your china and accidents do happen, leaving your lovely dinner set missing a piece.

Don't worry, we have the largest range of replacement china in Europe... and if we don't have it, we'll do everything in our power to find it.

Whether you're looking for a replacement piece, want to extend a setting or are looking for some quality new tableware, go online or drop into our showroom for a browse, chat and a coffee... on us.



CHINASEARCH

If we don't have it - we'll find it

For a Free Brochure chinasearch.co.uk
4 Princes Drive, Kenilworth, Warwickshire.
CV8 2FD. 01926 512402

Replace • Extend • New

MEPHISTO

WORLD'S FINEST FOOTWEAR

BELMA (2½ – 8½)
Trendy ladies' ankle boot made from natural, high-grade leather. Features soft leather lining, changeable insole and non-slip profile soles made from natural rubber.

HANDMADE BY MASTER SHOEMAKERS

SOFT-AIR TECHNOLOGY BY MEPHISTO:

For tireless walking!

MEPHISTO offers you comfort with modern design. The SOFT-AIR midsole minimizes the shock that results from walking and provides soft and supple walking comfort.

AVAILABLE AT ALL MEPHISTO-SHOPS AND SPECIALTY SHOE RETAILERS NEAR YOU.
VISIT: **WWW.MEPHISTO.COM**

Walkable **COLOGNE**

Cologne has been on the tourist map since the Middle Ages when pilgrims came to pay their respects to the bones of the Magi. Their skeletons are still intact and are housed in an ornate gold casket in Cologne's Gothic masterpiece of a cathedral.

Potter around the cobbled Altstadt (Old Town), take a cruise on the Rhine and choose from 40 museums with collections ranging from chocolate to Pop Art. Besides the Rhine, Cologne's equally famous 'Eau' is Eau de Cologne, created in 1709 by Farina, an Italian who wanted to create 'an Italian Spring morning after a shower of rain'. Buy yours from the Farina shop which, as you can probably guess, is also a museum.

Cologne has seven Christmas markets, scores of Nativity scenes, fireworks to welcome in the New Year and a costumed carnival (4-8 February). Rent a costume from Deiters (deiters.de) and join in the revelry.

❄ Fred Holidays (fredholidays.co.uk) has two nights at the Hotel Cristall from £219pp B&B, including flights. More details: cologne-tourism.com.



Browse the Christmas markets and take your pick of Cologne's many museums



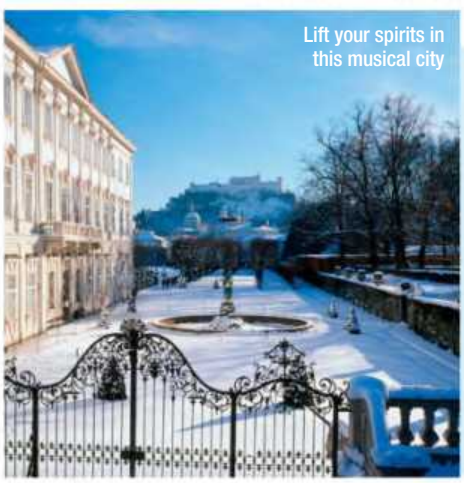
Fairytale city: Stockholm is shaped by the sea, main picture. Skating is one way of getting around town, inset

Islands of **STOCKHOLM**

Afloat on 14 islands in the Baltic, in deep midwinter Stockholm can seem more like a village than a capital city. Its fairytale skyline, pierced by church spires, overlooks silver seas.

Take a walk beside the icy waters of Nybroviken and over the bridge to the island of Djurgården, Stockholm's vast parkland that (hopefully) will be wrapped in a duvet of snow. It's also home to the Vasa, the Titanic of the 17th century, which sank on its maiden voyage. Then spend the rest of the day in the candlelit cafés, pubs (mulled wine a speciality), and restaurants hidden in the nooks and crannies of Gamla Stan, the historic old town.

❄ Sunvil Discovery (sunvil.co.uk/sweden) has three nights at the Hotel Freys from £622pp B&B, including flights and transfers.



Lift your spirits in this musical city

Mozart's **SALZBURG**

Even in the depths of Winter, Salzburg can feel like a breath of Spring, as its light, airy, playfully baroque architecture, graceful squares, statues, fountains, gardens, courtyards and weathered-green copper domes lift the spirits.

Much of what you see today is the Salzburg of Mozart. His birthplace tops the sightseeing menu, his music likely to be performed somewhere while you're in town. Or book a Mozart-themed dinner in the baroque hall of the St Peter Stiftskeller (stpeter-stiftskeller.at), Europe's oldest restaurant.

❄ Inghams (inghams.co.uk) has three nights at the NH Salzburg City hotel from £509pp B&B, including flights and transfers.

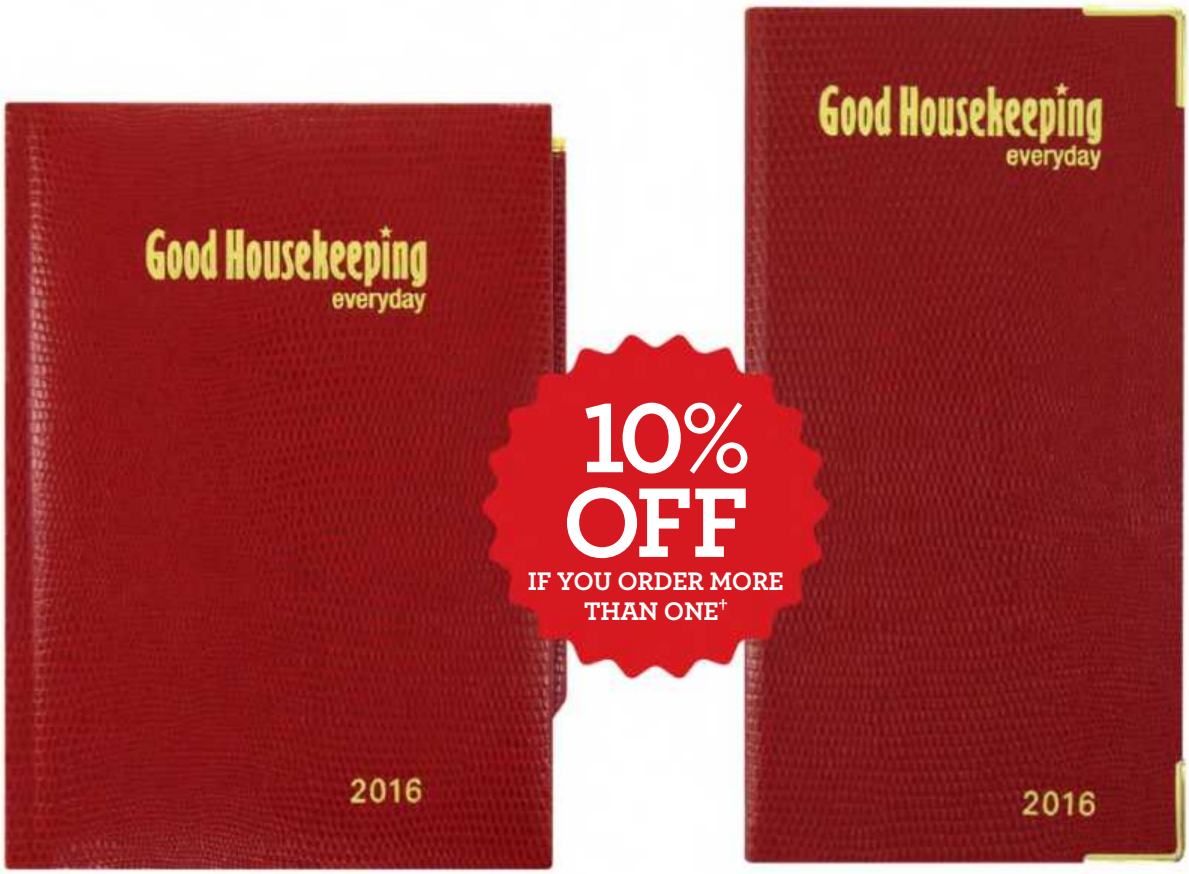


Mozart is never far away

PHOTOGRAPHY: TRAVEL PICTURES, GETTY; I-STOCK, RICHARD TAYLOR/4CORNERS IMAGES, PIETRO CANALI/4CORNERS IMAGES, SABINE LUBENOW/4CORNERS IMAGES, REINHARD SCHMID/4CORNERS IMAGES, GUIDO COZZI/4CORNERS IMAGES, ALAMY

Keep up to date with

Good Housekeeping



PRACTICAL DESK DIARY

◆ Red or black ◆ Week to view
◆ Handy pen ◆ Consumer advice and recipes

Good Housekeeping Everyday A6 Diary with pen

£10.99

STYLISH SLIM DIARY

◆ Red or black ◆ Two weeks to view
◆ Useful info on fashion, beauty, health

Good Housekeeping Everyday Slim Diary

£8.99

TO ORDER, CLICK **LETTS.CO.UK**

Available in black or red. †Buy more than one and receive 10% off the total price; please refer to website for postage and packing charges. Please allow 14 days for delivery; if you have ordered several items, they may be sent separately. If you're not satisfied with your purchase, please return it within seven days, unused, for a refund or replacement. This is in addition to statutory rights. Colours are as accurate as printing allows. Good Housekeeping is a registered trademark of Hearst Magazines UK, trading as the National Magazine Company Limited. National Magazine Company registered number 112955, National Magazine House, 72 Broadwick Street, London W1F 9EP. Please contact FLB Group on 01444 238144 with any questions; open Mon-Fri, 9am-5pm. Calls cost up to 10p a minute from BT landlines. Calls from mobiles and other networks may cost more.

Relax at Ragdale Hall

SAVE OVER 35% ON A SPA BREAK, WITH A CLARINS GIFT



There'll be a warm welcome awaiting you at Ragdale

Whether you want to be pampered, kick-start your health regime or just enjoy the beautiful rural surroundings, you can get away from it all in style at Leicestershire's award-winning Ragdale Hall Health Hydro & Thermal Spa. And with our special offer, you and a friend can enjoy a two-night stay for **just £379 per person** (Sunday to Thursday) or **£438 per person** (Friday or Saturday) and each receive a free Clarins gift worth over £34. You can even get a further 10% discount if you book two breaks for 2016 at the same time.

WHAT'S INCLUDED?

- Superior Twin/Double/Triple Room for two nights sharing (with check-in at 3pm, check-out at 2pm)
- Two 40-minute treatments each (choice of Body Massage, Prescription Facial, Classic Manicure or Moisturising Lavender Body Treatment)
- Clarins skincare consultation
- 15% off additional Clarins treatments booked
- Full use of spa facilities, plus the Thermal Spa, all exercise classes, gym
- All meals (breakfast in bed, three-course buffet lunch and three-course dinner)
- **FREE Clarins gift** worth over £34 for each person: Eau Ressourçante Fragrance (30ml), Exfoliating Body Scrub (100ml), and Moisture Rich Body Lotion (100ml).



Enjoy spa treatments (above) and a gift from Clarins (right)

TO BOOK Call **01664 433013*** and quote reference **GHKDEC15**

TERMS & CONDITIONS Offer is subject to availability. Break must be taken before 19 December 2016. Ragdale Hall Health Hydro, Ragdale Village, Melton Mowbray, Leicestershire LE14 3PB. Offer based on sharing a Superior Twin/Double/Triple Room for two nights. Third night option available for £169 per person (extra discount not applicable to third night option). Third night option includes all meals, another 40-minute treatment from the choices above, plus full use of all facilities. *Calls from landlines are charged at the standard national rate; calls from mobiles may cost more.

GH DIRECT

Winter fashion update

ENJOY **10% OFF** AT ADINI WITH FREE RETURNS AND DELIVERIES*

AURORA COAT (BBW163) **GH price £121.50** (usually £135); Paprika (shown), Black or Ice Blue, S-L1 (12-18), length 95cm
LISBETH TUNIC (HSP6063) **GH price £45.90** (usually £51); Blueberry (shown) or Teal, XS-L3 (10-22), length 84cm
SLIM JEANS (SDJ516) **GH price £40.50** (usually £45); Dark Navy, XS-L2 (10-20), inseam 78cm **GENEVA BEANIE** (AWH1) **GH price £18** (usually £20); Natural, one size



RIGHT: **ELMGATE COAT** (TMW141) **GH price £56.70** (usually £63); Storm, S/M to L2/L3 (12-14 to 20-22), length 88cm **PICCADILLY TOP** (SHV254) **GH price £33.75** (usually £37.50); Storm (shown), S/M to L2/L3 (12-14 to 20-22), length 60cm **BRADSTONE SKIRT** (CTW394) **GH price £37.80** (usually £42); Storm, XS-L2 (10-20), length 86cm **HUFFLE BAG** (AWG2) **GH price £89.10** (usually £99); Forest Green (shown) or Black, approx L30 x H32 x W14 **BERLIN BEANIE** (AWH3) **GH price £18** (usually £20); Petrol, one size



ABOVE: **JOYCE TUNIC** (IFJ6063) **GH price £54** (usually £60);
Scott Blue, XS-L3 (10-22), length 86cm
SLIM JEANS as before
GENEVA BEANIE as before



TO ORDER call **020 8090 0331**** quoting **GHPNV** or visit **adinionline.co.uk** and enter voucher code **GHPNV** when requested

TERMS & CONDITIONS *Free returns on your first order only. This is an exclusive Adini Online and mail order offer, and is not available at any Adini stockist. Offer available on the entire Adini Autumn/ Winter Collection 2015, first order only, until 9 December 2015. Please allow five to eight days for delivery. If returning item/s, use the supplied pre-paid returns label within 14 days. Depending on the contact details you give us, Hearst Magazines UK directly, or via its agents, may mail, email, SMS or phone you with offers, products and services reflecting your preferences. If you don't want offers from us or third parties, please state 'no offers' when you ring. Please see www.hearst.co.uk/dp for Hearst Magazines UK's full data policy. **Calls from landlines are charged at the standard national rate; calls from mobiles may cost more

GH DIRECT

Christmas ideas at Sarah Raven

WITH **20% DISCOUNT** ON YOUR NEXT ORDER



GARDEN LIGHTS

◆ Kasbah Lights £44.95; **GH price £35.96**
◆ Maroq Lights from £19.95; **GH price £15.96**



FOR YOUR TREE

◆ Etched Glass Birds, set of 3 £14.95; **GH price £11.96** ◆ Gold Sequin Bird £5.50 each; **GH price £4.40**; set of 3 £15.95; **GH price £12.76**



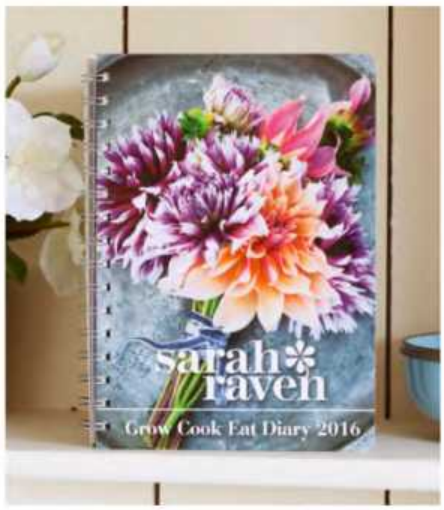
CENTREPIECE

◆ Dinner candle ◆ Antiqued Candleholders ◆ Hammered Nickel Tray **see website for details**



EVERLASTING GARLANDS

◆ Best Pine Garland £42.50 each; **GH price £34**
◆ Set of 2 £79.95; **GH price £63.96**



A GIFT FOR GARDENERS

◆ Sarah's Grow Cook Eat Diary 2016 £12.95; **GH price £10.36**



EVERLASTING WREATHS

◆ Eucalyptus Wreath £45.95; **GH price £36.76**
◆ Wreath Lights £7.50; **GH price £6**

TO ORDER call **0345 092 0283**† or visit **sarahraven.com**. Offer code **GHK15DEC**

TERMS & CONDITIONS Offer valid until 18 December 2015; this is also the final order date for Christmas delivery. Standard P&P of £4.95 payable on all orders. Offer can only be used once and not in conjunction with any other offer. Not valid for the purchase of gift vouchers, courses or sale items, or items purchased in the Perch Hill shop. Payment is taken at time of purchase. For full terms and conditions visit sarahraven.com. †Calls from landlines are charged at the standard national rate; calls from mobiles may cost more.

TRIED & TESTED

The Good Housekeeping Institute Approved logo indicates that a product has passed rigorous consumer quality tests devised and carried out by GHI researchers

APPROVED PRODUCTS 2015

AEG
- AG5022 Ultra Power 25.2V Lithium Cordless Vacuum
- Ergorapido 18V Lithium 2-in-1 Cordless Vacuum
- DB6120-U Steam Iron

ALDI
- Almat Dual Chamber 2-in-1 Sachets Gel Biological
- Almat Dual Chamber Bio Sachets
- Almat Dual Chamber Non Bio Sachets
- Almat Laundry Gel Biological
- Almat Laundry Gel Non-Bio
- Almat Laundry Gel Colour
- Almat Liquid Sachets 2 in 1
- Almat Liquid Sachets Bio
- Almat Liquid Sachets Colour
- Almat Liquid Sachets Non-Bio
- Almat Super Concentrated Liquid Wash Bio
- Almat Super Concentrated Liquid Wash Colour
- Almat Super Concentrated Liquid Wash Non-Bio
- Almat Super Concentrated Liquid Wash 2 in 1
- Almat Washing Powder 2 in 1
- Almat Washing Powder Colour
- Almat Washing Powder Non-Bio
- Almat Washing Tablets Colour
- Almat Washing Tablets Non-Bio
- Anco So Soft Concentrated Fabric Conditioner – all variants
- Anco So Soft Naturals Fabric Conditioner – all variants
- Bramwells Tomato Ketchup
- Diplomat English Breakfast Tea
- Magnum All in 1 Dishwasher Tabs
- Magnum Premium Washing Up Liquid – all variants
- Magnum Washing up Liquid – all variants
- Mistik Beeswax Furniture Polish
- Mistik Multi-Surface Polish
- Powerforce Bathroom Cleaner
- Powerforce Bleach
- Powerforce Kitchen Cleaner
- Powerforce Multi-Action Cleaner
- Powerforce Shower Cleaner
- Powerforce Toilet Block Power Cleaning
- Powerforce Window and Glass with Vinegar Power
- Specially Selected Aberdeen Angus Gourmet Burgers
- Ultimate Unsmoked British Back Bacon

ASDA
- Sensitive Fabric Conditioner Pure
- Sensitive Non-Bio Capsules
- Sensitive Non-Bio Concentrated Liquid
- Sensitive Non-Bio Gel
- Sensitive Non-Bio Powder

BHS
- Essentials 2 Slice Toaster
- Essentials Pyramid Kettle
- Ultimate Towel range
- Ultra Soft Sheet range

BOSCH
- TDA7060GB i-Temp iron
- TDI9020GB i-Temp iron
- TDS3771GB i-Temp iron
- TDS4571GB i-Temp iron
- TDA3020GB Power III steam iron

BRANSTON
- Baked Beans

BROTHER
- Innov-is 20LE sewing machine
- Brother Innov-is 55 sewing machine
- Innov-is 1300 sewing machine
- Innov-is VQ2 sewing machine
- XR27NT sewing machine
- XR37NT sewing machine

BWT
- Water Filter

CARTE D'OR
- Chocolate Gelateria Inspiration ice-cream
- Strawberry ice-cream
- Vanilla ice-cream

THE CO-OPERATIVE
- Loved by Us Tomato Ketchup
- Loved by Us Not From Concentrate Fresh Orange Juice
- Loved by Us Hot Cross Buns
- Loved by Us Chicken and Bacon Sandwich
- Loved by Us Home-style Chips
- Loved by Us Farmhouse White Sliced Loaf
- Loved by Us Farmhouse Wholemeal Sliced Loaf
- Truly Irresistible Margherita Pizza
- Truly Irresistible Cheese and Shallot Crisps
- Truly Irresistible Salted Crisps
- Truly Irresistible Sea Salt and Chardonnay Vinegar Crisps

CROSSE & BLACKWELL
- Best of British: Broccoli & Stilton Soup
- Best of British: Leek & Potato Soup
- Best of British: Pea & Ham Soup
- Best of British: Roast Chicken & Vegetable Soup
- Best of British: Winter Vegetable Soup
- Cream of Tomato Soup
- Roasted Red Pepper & Tomato Soup

DIP-SAN
- Dip-San Toilet Brush

DR BECKMAN
- Colour & Dirt Collector
- Service-It Deep Cleaner
- Service-It Washing Machine Cleaner

DUALIT
- Vario Toaster
- NewGen Toaster

ECLOTH
- Antibacterial Cloth
- Bathroom Pack
- Cleaning Pad
- Deep Clean Mop
- Deep Clean Mop Head
- General Purpose Cloth: 4 General Purpose Cloths
- Glass & Polishing Cloth: 2 Glass & Polishing Cloths
- Granite Pack
- Hob & Oven Pack
- Kitchen Pack
- Shower Pack
- Stainless Steel Cloth
- Stainless Steel Pack
- Starter Pack
- Stay Fresh Cloth
- Tea Towels
- Window Pack

ECOVER
- All In 1 Dishwasher Tablets
- All Purpose Cleaner
- Laundry Gel Bio
- Laundry Gel Non-Bio
- Multi-Action Cleaner
- Non-Bio Concentrated Laundry Detergent
- Non-Bio Washing Powder
- Washing-Up Liquid

ESSILOR
- Crizal Forte UV Lenses

GRANGER'S
- Odo Revive Sports Kit Wash

GROHE
- Tempesta 100 electric shower

GTECH
- AirRAM vacuum cleaner

HARVEY WATER SOFTENERS
- Water softeners

ICANDY
- Raspberry Pushchair

ICELAND
- 4 Belgian Chocolate Majesties ice-cream

Olay Regenerist 3 Point Age Defying Night Cream





La Cafetière Pisa cafetière in Copper



Magnitone The Full Monty Facial Cleansing Brush



Tefal Pro Express GV8925

Crizal Forte UV Lenses





- Blue Stilton
- Cheesy Potato Slices
- Luxury British Unsmoked Bacon Rashers
- Mashed Potato
- Mushroom Risotto
- 4 Salmon Fillets
- Wood-Fired Ultra Thin Pizza Four Cheeses
- Yellow Fin Sole Lightly Dusted Fillets in Lemon & Parsley Marinade

KINETICO
- Water Softener

LA CAFETIÈRE
- Pisa range

LAVAZZA
- Fantasia Coffee Machine

LEISURE
- Leisure Cookers: 90cm, 100cm, 110cm

LIDL
- Floralys Kitchen Towels
- W5 All In One Dishwasher Tablets
- W5 Bathroom Cleaner
- W5 Bleach
- W5 Kitchen Cleaner
- W5 Washing Up Liquid
- W5 Window & Glass Cleaner
- Maxi Nappies
- Midi Nappies
- Junior Active Plus Pants
- Junior Big Pants
- Pull Up Pants

MAGNITONE LONDON
- The Full Monty Facial Cleansing Brush
- BareFaced! Facial Cleansing Brush

MARTIN MILLER'S GIN
- Gin

MORRISONS
- Kitchen Roll

NEATO
- Botvac 85 robot vacuum

NESCAFE
- Dolce Gusto Jovia by De'Longhi
- Dolce Gusto Oblo by Krups

NUTRIBULLET
- 600 Series Blender

NUTRI NINJA
- BL450UK blender
- BL480UK blender

OLAY
- Olay Regenerist 3 Point Age Defying Night Cream

OVEN MATE
- Oven Cleaner

OVEN PRIDE
- Oven Cleaner

PACKMATE
- Travel Storage Bags
- Vacuum Storage Bags Flat
- Vacuum Storage Bags Volume
- Vacuum Storage Tote Bag

PANASONIC
- Breadmaker ZB2502
- Hairdryer EH-NA65
- Washing machine NA-140VZ4
- Washing machine NA-168VG4
- Ionic Toothbrush EW-DE92
- Staincare Toothbrush EW-DL82

PAROZONE
- 24hr Germ Kill Toilet Wipes
- In-Cistern Bleach
- Supreme Bleach Original
- Supreme Bleach Whitening

PERSIL
- Washing Up Liquid – all variants

PHILIPS
- GC4521 Azur Performer Plus Steam Iron
- GC8616 PerfectCare Aqua Steam Generator Iron
- GC9630 PerfectCare Elite Steam Generator Iron
- Lumea Precision Plus

PLENTY
- Dura Cloth household towel
- The Big One household towel
- The Fat One household towel
- The Original One household towel

REST ASSURED
- Traditional Pocket Bed Collection

SHARK
- Lift Away 5 in 1 Steam Mop
- Lift Away NV340 Vacuum Cleaner

SEBO
- E range
- Felix range

TEFAL
- Actifry Express XL
- Actifry Original
- Ingenio Essentials Non-Stick
- Ingenio Induction
- OptiGrill
- Freemove Iron – FV9965 and FV9970
- Pro Express – GV8925 and GV8430
- Ultimate Anti Calc Steam Irons – FV9630 and FV9640

TESCO
- Apple & Elderflower Pressé
- Bushytops Carrots
- Chilli Seed Snacking Mix
- Dried Williams Pear
- Finest Elfe Salad Potatoes
- Finest Stir Fry Sauces
- Finest Tomatoes Range
- Finest Wild Mushrooms
- Tri-coloured Potatoes
- 5 in 1 Dishwasher Tablets
- AntiBac Cleaner Spray
- Fabric Conditioner
- Kitchen Foil
- Non Bio Laundry Gel
- Hygro Towel Range

VILEDA
- Windomatic

VITAMIX
- Professional Series 300
- Professional Series 500
- Professional Series 750
- S30 Blender
- Total Nutrition Centre

WAITROSE
- Bio Super Concentrated Liquid Detergent
- Super Concentrated Liquid Detergent
- Non-bio Laundry Capsules
- Non-bio Laundry Detergent
- Laundry Bio Powder
- Laundry Colourcare Gel
- Fabric Conditioner – all variants
- Anti-bacterial Action Cleaner
- Anti-bacterial Multi Surface Wipes
- Daily Shower Shine
- Toilet Cleaner
- Washing Up Liquid

YOUVIEW
- Set-top boxes

GOOD HOUSEKEEPING READER RECOMMENDED

This logo means the product or service has been best-tested by readers at home or in their neighbourhood. They report to the GHI before a decision is made.



AVON
- Anew Clinical A-F33+ Pro Line Corrector Treatment Serum

BAREMINERALS
- bareSkin Pure Brightening Serum Foundation

BATHSTORE
- Shopping experience

COMFORT
- Comfort Creations Fabric Conditioner Honeysuckle & Sandalwood

CUSHELLE
- Toilet Tissue

CUTICURA
- Mildly Medicated Talcum Powder
- Mildly Medicated Soap
- Long Lasting Antibacterial Hand Serum for Kids
- Long Lasting Antibacterial Hand Serum for Adults
- Antibacterial Hand Gel –Crisp and Fresh
- Antibacterial Hand Gel –Floral and Fruity
- Sensitive Antibacterial Hand Gel
- Sensitive Antibacterial Hand Foamer
- Sensitive Antibacterial Hand Wipes
- Total Advanced Defence Hand Gel

FIRST: UTILITY
- Home energy

JOSEF SEIBEL
- Footwear

MORRISONS
- Dishwasher Gel Capsules
- Non-Bio Laundry Capsules
- Non-Bio Laundry Gel
- Non-Bio Laundry Liquid
- Premium Washing Up Liquid
- Pure Fabric Conditioner

OLAY
- Regenerist 3 Point Age Defying Night Cream

PLENTY
- Dura Cloth household towel
- The Big One household towel
- The Fat One household towel
- The Original One household towel

POLYPIPE
- Polypipe underfloor heating

PRINCESS CRUISES
- Food and dining experience

TALK TALK
- Internet, landline and TV customer service

WELEDA
- Evening Primrose Day Cream
- Evening Primrose Night Cream
- Evening Primrose Eye & Lip Cream

★ If you would like to join our research panel, go to **hearstpanel.co.uk**

For more information, see goodhousekeeping.co.uk

Seasonal look

Best of style



Saress® – The Ultimate Beach Dress – £10.99

As seen on TV

Say goodbye to the awkward sarong, it's simple to slip on, uses no knots or ties just a loop at two corners so you slip it around your back, thread opposite arms through for an elegant flattering beach dress in seconds – it's sensational! Slimming, cool and comfortable. Nineteen designs, five sizes, two lengths. Brochure: 01902 750657.
www.saress.com



Carpet Bags

Stylish and unique Carpet Bags make gorgeous gift options. These individually hand crafted treasures are made in the heart of East Anglia using velvety soft yet tough viscose and cotton rugs.
With a number of different traditional carpet designs to choose from, and a range of styles from small shoulder bags and handbags to big Gladstone bags, there is something for everyone at
www.carpetbags.co.uk



If only it had sleeves

Most women have hang ups about the upper arms. Here we have the answer – Underdress Sleeves. Pretty stretch lace or tuille sleeves attached to a cropped bodice which sits comfortably under a sleeveless dress or top. With so many sleeveless garments on the high street this little gem will open up any wardrobe and give the wearer immediate confidence. Made in Cheshire/UK. Enquire about our bespoke service. Available in 10 colours. Price £39.
See more at **www.camiconfidential.com** or call 0161 427 1881 for a free brochure.

Nomads



A combination of home and afar creates Nomads beautiful clothing. Inspired by nature from their home in Cornwall and their recent trip to the colourful cornucopia of Istanbul. A contemporary collection with touches of the bohemian. 10% discount coupon code GHDIS10 (on regular priced items exp 31/12/15). Request a brochure 0800 655 6261.
Shop online or find a local stockist
www.nomadsclothing.com



Look good, feel good

Do you suffer from flatulence or know someone who does? Shreddies garments help to eliminate the acute embarrassment caused by IBS and digestive disorders. How do they work? There is an activated carbon cloth panel that absorbs the flatulence odours and neutralises the smell. Shreddies offer you the perfect solution to reducing anxiety and helping you to live an active lifestyle.
Visit **www.myshreddies.com** prices start from £19.

Royce Lingerie



Georgia is a totally wirefree bra ensuring perfect fit and comfort all day every day. Moulded cups give a perfectly smooth shape under clothing and a luxurious lacy cradle adds a touch of glamour.
Royce design bras for everyday comfort, pregnancy, nursing, after mastectomy, sports and first bras for young girls.
For more information or to request a brochure call Royce Lingerie on 01295 265557 or visit **www.royce-lingerie.co.uk**

Wear it well

Top picks this season

Designer totes by Isla Rule

Love what's inside

Have you ever fallen in love with a handbag, only to find that much as you love its beautiful exterior, its 'black hole' interior drives you crazy. There is nothing glamorous about a women scrounging around in her bag – hunting for a ringing phone, keys or her purse. Isla Rule has solved this problem with a beautiful range of handbags that work for every lifestyle.

The Hannah (their flagship bag) has a clever double compartment design: The top compartment has a padded laptop/tablet pocket, several pockets for pens, phones and other handbag essentials, a zipped vanity pouch as well as a clever key fob.

But it's the bottom compartment that's the real showstopper – ideal for carrying a change of shoes (for those moments when you need to go from heels to flats while commuting) or holding your laptop cords and tech accessories or even carrying your toddler's change of clothes and snacks on a day out.

Shop the range at **www.islarule.com**

Isla Rule – Love what's inside.







Perilla

Treat your friends and family's feet this Christmas to gorgeous, cosy 90% alpaca bed socks from online alpaca specialist Perilla. Alpaca has higher insulating properties than any other fibre and is far more hard wearing. Great colour palette of cream, pinks, palest blue, palest lilac, grape, purples and red that come in four sizes from extra small to large. Can be beautifully boxed and makes a superb gift for anyone of any age at any time.

perilla.co.uk 01886 853 615.



Umpie Yorkshire

For the perfect Christmas Gift. British Handbags and Accessories designed and beautifully hand crafted in Yorkshire.

www.umpie.co.uk





Christmas Crackers

Celebrate Christmas with luxurious and feminine sterling silver jewellery by Christin Ranger. Pictured is the Calypso bracelet set with purple and green marquise cut amethyst and a lovely warm cognac quartz; the perfect gift whether treating yourself or someone special. £49.

Available at **ChristinRanger.com**

Or order by telephone: 01424 773091.

Look good, feel good

Be healthy this Christmas



Ultra Vitamin D

Vitamin D is important for many areas of health, and is best known for contributing to the normal utilisation and absorption of calcium, therefore playing a role in the maintenance of normal bones and teeth. The optimum strength of Ultra Vitamin D also has a role in the process of cell division while helping to maintain normal function of the immune system and muscle function.

Vitabiotics Ultra Vitamin D RRP £5.10 for 96 tablets. Available from Boots, pharmacies, health food stores and online at **www.vitabiotics.com**



New Novisyn+ works to keep you moving

Our tried and tested Novisyn has just got better. New Novisyn+ still includes 17mg of pure Hyaluronic Acid but now also has added Vitamin C, nature's powerful healer! Together they create a science led formula that contributes daily to normal collagen formation for the normal function of cartilage, or in other words helping to maintain healthy joints. Introduce new Novisyn+ into your health and beauty regime and literally feel the difference. 7000 Facebook followers and growing. Try Novisyn+ today with our GHK offer. Add three boxes to your cart and get the third free. Use code GHK342. **www.novisyn.co.uk** or call us on 01480 869456.

Are you happy with the thickness of your hair?



If not, then it's time to take the **Viviscal 90 day hair challenge!** It's as easy as using two drops of Viviscal serum daily for **thicker, fuller looking hair.** Plus take two of our **award winning, clinically proven hair growth supplements** which are now number one in the US! Recommended by 81% of customers, Viviscal is the choice of professional hair stylists and trichologists world-wide with an A-list following with fans including **Gwyneth Paltrow, Blondie, Reese Witherspoon and Katherine Jenkins.** Viviscal is available from Boots and online at **www.viviscal.co.uk**, rrp £49.95 for one month's supply of supplements.

Look Younger Longer™

Regentiv's The Specialist Serum (With Retinol)



Reviewed as 'one of skincare's best kept secrets'. A luxurious rich texture of Retinol Palmitate, Vitamin E, Aloe Vera and Sunscreen. So in demand as it does so much. Lines, wrinkles, crepey eyes, crows feet, lip lines, acne-scarring, open pores, sun and skin damage, uneven pigmentation. Our customers say, 'My skin has never been better'.

The Specialist Serum can be exclusively yours within 24hours. 30ml £29.95, 50ml £44.95, 100ml £79.95, 200ml £149, FREE P&P.

Tel. 01923 212555. REGENTIV, PO BOX 400, Herts, WD17 3ZW or **www.regentiv.co.uk**



Krill Oil – The New Super Omega 3

Omega 3 in Krill Oil is in a unique phospholipid structure which research now suggests is far superior to fish oil omega 3 when delivered to the body for maximum omega health benefits. Krill Oil also provides astaxanthin a highly respected antioxidant and also choline beneficial for brain and memory function. Silvertown Health Krill Oil is eco-harvested to protect nature in the pristine clear waters of the Antarctic.

RRP £24.95, Reader Offer £16.97. (60 capsules up to two months supply). Free home spa facial masque with first order. This offer can be withdrawn at anytime. Online Order/ more info – **www.silvertownhealth.co.uk** or Tel 24 Hour Order Line – 0345 0956903.

Things just don't feel the same anymore?



Pregnancy, childbirth, menopause, weight gain and even some high impact sports can leave your pelvic floor weakened and stretched. This problem affects millions of women in the UK resulting in leaks, lack of sensation and prolapse (where pelvic organs drop out of place).

You can regain control and confidence with Kegel8. Featuring 20 exercise programmes this digital exerciser automatically locates and works your muscles to perform over 200 contractions. Take the Kegel8 12 week challenge and take positive action to get strong again. See women's stories at: **www.kegel8.co.uk/prolapse** Call: 01482 496 932.

Christmas gifts

Treats this season



Swoon Editions

From artisan workshops direct to your doorstep, discover new designs every day without the inflated price tag at SWOON EDITIONS. Like the made-to-order Tivoli three-seater sofa, shown here in Alaska weave and oak. A hand-made design with feather-mix cushions, customise it to your taste with either oak, birch or walnut legs and thirty fabric choices – from £579, including delivery.

Readers also save £20 on orders over £200 with voucher code GOOD. To order, go to **www.swooneditions.com/good** or call 020 3137 2464. Offer expires on 27.11.15.

A perfect gift for any occasion

Theatre Tokens are unique gift vouchers that can be used at over 240 venues nationwide, including all of London's West End. They have no expiry date and can be used to see plays, musicals, opera or ballet.

A perfect gift for any occasion because... there's a little theatre in us all!

Good Housekeeping readers can get 10% extra free on their Christmas orders by quoting 'GHKP15' when buying online at **www.TheatreTokens.com** or by phone on 020 3011 0755 before 1 January 2016.

Only available on orders in multiples of £10. Full T&Cs at www.TheatreTokens.com/terms





Handmade in England by Whichford Pottery

Inspired by the work of William Morris, this gorgeous terracotta flowerpot (25cm high x 39cm wide) is handmade by Whichford Pottery in Warwickshire and guaranteed frostproof for 10 years. Free delivery offer to mainland Britain (saving £29.50). £59.50 each or a special price of £99 for two (saving a further £20) delivered to one address. T&Cs apply. Offer ends 20th December 2015. Phone to order.

Tel: 01608 684416.

www.whichfordpottery.com



Nationwide

Watch the days pass as you relax under the comfort of a Classic Veranda from Nationwide. Offering wide selections of frames to suit any property, and a choice of glass or polycarbonate roofing, you'll have plenty of options to achieve your dream design. Combine heating and lighting so no matter the season, you may relax in comfort come rain or shine. Each Veranda has a five year guarantee and fitted by qualified Nationwide Veranda installers.

Nationwide is currently holding a Summer Sale, with discounts of up to 25%. To receive a free brochure, call 0800 882 4052 or visit **nationwideltd.co.uk**



Jenny Bell

Christmas mugs are great presents for children and can be espresso mugs for the adults too!

Priced at £7.00 add £1.00 to personalise plus P&P.

www.jennybell.co.uk

Tel 01388 665757.

Idyllic Escapes

Good Housekeeping present a selection of idyllic retreats at home and abroad from which you could choose a peaceful and relaxing break



ISLE OF WIGHT AND DORSET HOLIDAY COTTAGES

Charming cottages in beautiful rural and coastal locations situated throughout the Isle of Wight & Purbeck, Dorset. Pretty thatched cottages, farmhouses, stone cottages with stunning sea views in picturesque villages. Some cottages with swimming pools. Graded by the tourist board 3 - 5 Stars.

Telephone 01929 481555
www.islandcottageholidays.com
www.purbeckcottageholidays.com



SECLUDED AND PEACEFUL COTTAGES ST. ANTHONY-IN-ROSELAND, CORNWALL

4, family run, listed cottages on coastal farm. Sleeping from 2 & up to 6/9. Log fires. Dogs welcome. Beautiful walks, wild flowers, birdlife, hidden coves, sandy beaches. Dinghy park/moorings. AONB & heritage coastline.

01295 680265
www.roselandcottages.co.uk



COAST & COUNTRY COTTAGES

Over 430 holiday properties in and around Salcombe, Dartmouth and throughout the beautiful South Devon coast and countryside. Luxury waterside apartments, stunning barn conversions, cosy thatched cottages, many with sea or country views, pools or the use of leisure facilities. Special Offers. Short Breaks. Dog-Friendly Properties. Baby Friendly Properties. Order 2015 View Magazine.

01548 843773 or book online
coastandcountry.co.uk



PRIDE OF BRITAIN HOTELS

We've selected and approved 50 of the best independently owned luxury hotels and spas around Britain for you to enjoy. Share the luxury by sending someone special a Pride of Britain Gift Voucher.

To order gift vouchers or your free hotel directory call Freephone 0808 163 3763 or visit www.prideofbritainhotels.com



SALCOMBE HOLIDAY HOMES

Salcombe Holiday Homes specialise in properties solely in the centre of Salcombe, many taking advantage of the wonderful views of Salcombe's spectacular estuary and surrounding countryside. With a wide portfolio of properties to choose from we have plenty of choice for your holiday in this truly unique waterside town.

Bookings now being taken for 2016.

Telephone 01548 843485 www.salcombe.com



STAR FARM COTTAGE

Star Farm Cottage is set in the heart of the Blackmore Vale in rural North Dorset. It is a spacious, luxury one bedroom self catering holiday cottage. 40 mins from The Jurassic Coast. Short breaks available.

www.starfarmcottage.co.uk
Tel: 01258 817615

Sweetcombe COTTAGE HOLIDAYS



OUTSTANDING COTTAGE HOLIDAYS

We have a carefully selected choice of quality 4 and 5 star properties along the East Devon coastline from Topsham to Seaton. We are a small family run company based in Sidmouth, with a thorough knowledge of every property and this outstanding area of natural beauty.

Call us now on 01395 512130
or visit our website
www.sweetcombecottages.co.uk



EXCLUSIVE LUXURY HOLIDAY PROPERTIES IN THE UK AND IRELAND

A Rural Retreats property has been carefully chosen for its beautiful interior as well as its idyllic setting. With a portfolio of over 300 properties throughout the UK and Ireland, from cottages to country houses for 2-24 guests, many with flexible start days and 2 night stays, there's sure to be a property that will be perfect for you and your family.

Request your NEW 2016 Brochure out now!
www.ruralretreats.co.uk or telephone 01386 701 177



ARDEN HOUSE CHURCH STRETTON

Luxury holiday apartments in a stunning location within an Area of Outstanding Natural Beauty. Within easy reach of Shrewsbury, Ironbridge, Much Wenlock and Ludlow.

To escape to the country to relax and unwind please…
Email: **relax@ardenhouse-churchstretton.co.uk**
Call: **01694 722020**
www.ardenhouse-churchstretton.co.uk



BEECH FARM COTTAGES

VisitEngland Award for "exceptional quality of accommodation & customer service". Village location on edge of N. Yorkshire Moors. Cottages sleeping 2, 4, 6, 10 people. Heated indoor pool, sauna, children's play area, paddock, llamas.

Tel: 01751 476 612 www.beechfarm.com
email: holiday@beechfarm.com



ST BRIDES SPA HOTEL, PEMBROKESHIRE

At St Brides, our ethos is simple…
Escape to the coast, relax in understated luxury and enjoy unbuttoned fine dining in contemporary surroundings. We want you to feel like you are staying at your best friend's home by the sea

01834 812 304
www.stbridesspahotel.com



CORNISH HORIZONS HOLIDAY COTTAGES

…with over 230 Cornish holiday cottages. All Visit Britain inspected.
5★ luxury barns, houses with hot tubs, relaxing beach and rural retreats. Pets welcome.
Book through us- an accredited agency.
Order your 2016 brochure today.

www.cornishhorizons.co.uk
01841 533 331



RUSSELL'S OF BROADWAY

Eat and stay in this award-winning Cotswold Restaurant with Rooms. Modern British food with seven rooms all set in laid-back stylish surroundings.

Special Offer
20% off Bed & Breakfast rates throughout January 2016 when booked direct at 01386 853555 or info@russellsofbroadway.co.uk
Quote Good Housekeeping

www.russellsofbroadway.co.uk



WILDERNESS COTTAGES THROUGHOUT SCOTLAND

Quality self catering cottages, houses and apartments, throughout Scotland. Countryside to seashore, rustic to 5 star luxury. Short breaks available & pets welcome. New 2016 Brochure Available.

Tel: 01463 719219
www.wildernesscottages.co.uk

Classified

HOME INTEREST



No risk 21 day moneyback home trial · 5 year hardwood frame guarantee
For a free colour brochure call **01495 244226** or visit **www.sofasofa.co.uk**









The Buttermere Sofa/Sofa Bed in Textured Chenille Duck Egg

Willow & Hall
Sofa Beds | Sofas | Beds

Over 35 years of quality British craftsmanship

Extensive fabric and customisation options

Luxury 14cm deep mattresses on all our sofa beds

W&H
Exceptional value compared to the high street

Call us on 0845 468 0577
or visit willowandhall.co.uk/ghk to request free samples, a catalogue and showroom information


Give your old staircase a new style

SAVE 20%
WE'LL PAY THE VAT

10yr guarantee

James Grace Staircases' @JGStaircases

The right staircase can really bring out the beauty of your home. We make it easier than ever to update your existing staircase by giving it a complete design makeover – **in as little as 48 hours.** Get inspired. Call now for a free design visit.

- **Contemporary and classic styles**
- **Wood, metal, glass and lighting options**
- **No structural work needed**
- **Nationwide service**

Call **0345 190 1011** or visit **www.jamesgrace.co.uk**

JAMES GRACE
Taking staircases to another level

*For bookings made until 7th December 2015. This offer can not be used in conjunction with any other offer.



Visit **www.theheadboardworkshop.co.uk**
or call us on **01291 628216**

HSL
your chair specialists

Your chair, designed to fit you



Making sitting & rising easier since 1968

Recliners & Riser Recliners available



Reclining Rising

Available in 4 sizes



Super Petite, Petite, Standard and Grande

Matching sofas available



2 and 3 seater

300 fabrics and 21 leathers



Designed & Handcrafted IN BRITAIN

Friendly, expert advice, in-store or at home

At HSL, our comfort specialists are thoroughly trained to find the perfect fitting chair for you. Come and try for yourself at one of over 45 local stores – or arrange a home consultation if you're looking for a Riser Recliner but unable to get to a store.
To book an appointment, simply call 01924 486900, or email home@hslchairs.com.

Order **now** for **guaranteed** pre-Christmas delivery with **£100** off

Request your **FREE fabric card & catalogue** today!



Call **01924 507050** or visit **www.hslchairs.com**
Quote GH12
Calls answered 24 hours a day, 7 days a week

HSL
your chair specialists

VALID UNTIL 30.11.15

Present this voucher to HSL at time of purchase and claim £100 off any purchase

*All riser-recliners and adjustable beds are VAT-free for eligible customers **Cannot be used in conjunction with any discounted or special offer products. Purchase must be over £500 in total. One voucher per purchase.

£100 VOUCHER CODE GH12

£100 Voucher

REMOVABLE, WASHABLE AND NOW EVEN MORE AFFORDABLE



Newport sofa **was £439 - now only £329**

- No risk money back 21 day home trial
- 5 year hardwood frame warranty
- Delivered direct from our factory to your living room
- All made in Great Britain
- Delivery within 4 weeks
- Over 20 sofa designs in fabric and leather
- Direct from the manufacturer prices

For a free brochure call
01685 844944
www.oakridgedirect.co.uk

OAKRIDGE
SOFAS & CHAIRS DIRECT

Diamond Power Knife Sharpener



CATRAHONE

Made in Sheffield
Very high sharpness

One of the very best home sharpeners, 5 Star feed-back
Sharpens all types /sizes of knife including serrated
Fast, safe and simple, as easy as using a knife
Buy online from the factory **search CATRAHONE**
Or call 0114 2769736 **(Mon – Fri 9-5)** www.catra.org.uk



DAVID AUSTIN® ROSES
SAVE 15%
on fragrant English Roses when quoting code GH20 before December 31st 2015.
Tel: 01902 376300
www.davidaustinroses.com

HEALTH & BEATY



www.perfectwigs.co.uk
Wigs and Hair Pieces
Ladies, Mens and Childrens. *NHS* and private
Hair loss Advice and Support
Run by a Hair Loss Sufferer
Order Wigs online or call for a Clinic Appointment
The Hair Clinic
01623 621 115
Market Place.Mansfield.Notts.NG18 1JB

COURSES

Good Housekeeping Institute COOKERY SCHOOL
020 7439 5500
www.goodhousekeeping.co.uk/institute/cookery-school

HOUSESITTING

Who will cherish your pets, care for your home, baffle the burglars and reduce your insurance premium?



The original **Homesitters®**

24 hr brochure line 01296 630730 or www.homesitters.co.uk

We stay when you're away

FASHION

BRIGID FOLEY Est'd 1973



SHOP ONLINE
www.brigidfoley.co.uk
01822 612048

quirky clothes for individual women



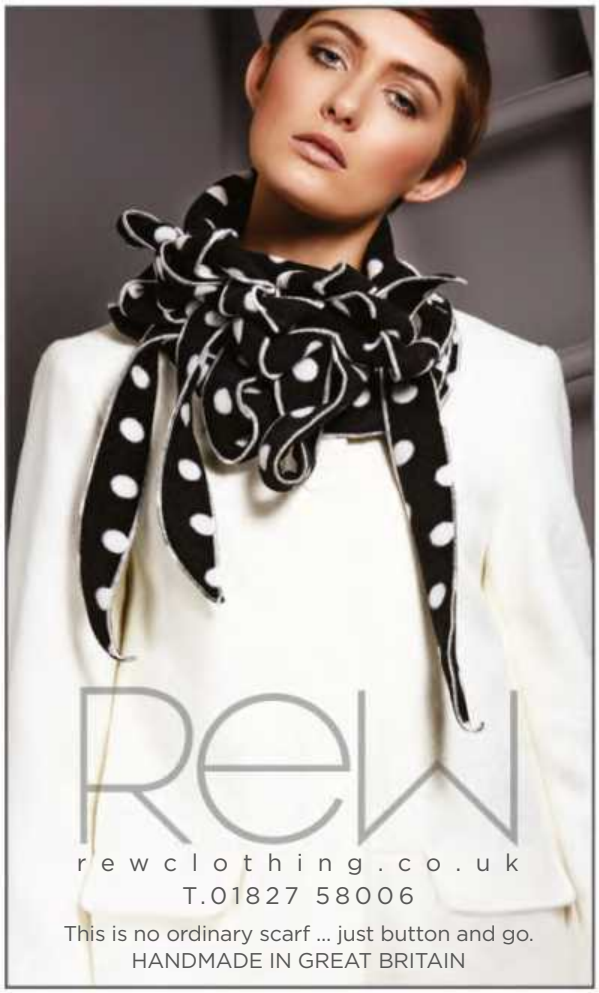
www.quirqui.com



NICOLA JANE
2015 Collection of Mastectomy Fashion
Pocketed swimwear, bras and tops designed for you after breast surgery.
Call for a free catalogue quoting GHX12
0800 081 2121
www.nicolajane.com



The Twister Aran
The Twister gracefully adds an element of fluidity to your wardrobe, whilst at the same time, provides you with an enduringly versatile cropped style sweater. Team with your favourite jeans, shorts or skirt, or layer over a casual dress when you need a little extra warmth, but still want to feel feminine and elegant.
The Twister – traditional style with a contemporary twist.
100% COTTON
Natural at £59.00
Enquire telephone 020 8813 7766 or visit www.originalblues.uk



My Leather Manbag



The New Cargo Crazy Horse Travel Pack (£175) 16.5 inches of rugged high quality leather.
This **Christmas**, why not treat someone to something that they can treasure for a long, long time. Our luxury bags are made from the finest leather with intricate detail and superior workmanship. With a wide selection, from messengers and travel bags to wallets and iPad covers; you might just even want to buy yourself an early Christmas present!
Please use Code **GH15** at checkout for 15% off across all items. **Free Delivery**
What customers say:*"These bags really are the bees knees...top quality leather and brass work and beautifully constructed…I only wish I needed a third!"*
Contact 0333 1234 104
www.myleathermanbag.com

THE TANNERY
Fine leather to give and to hold



Discover The Tannery Collection, high quality, competitively priced leather bags, shoes and accessories from Europe's finest workshops.

Visit our Norfolk shops in **Holt and Norwich**, call for a brochure on **01263 713642** or visit us **online.**

www.thetannery.co.uk



DIXIES TROUSER SLIP
The wardrobe essential for women!
No more scratchiness, no more bagging. Soft, silky and luxurious against your skin – wear under your trousers and they'll feel great and hang beautifully. A petticoat to wear under all your trousers.
Available in black or cream, in sizes 8–24. from ~~£26.50~~ £23.50+£3.00 p&p. Special lengths made to order.
Dixies
www.dixiesdirect.co.uk
Call **01789 296456**
26 Sanctus Rd, Stratford upon Avon Warwickshire CV37 9AE

Bra & Swimwear Specialist



AmpleBosom.com

Phone for a catalogue on 01439 798388 or visit www.AmpleBosom.com

Bombshell
LONDON

"NIGELLA STARTS A FASHION EXPLOSION..." THE TELEGRAPH.



CHRISTMAS GIFTS



fill your own gift box cracker

Special Offers with orders by 18th Dec. For more information email **Code: GHK01** to: bea@keepthiscracker.com

www.keepthiscracker.com

STYLE NEVER GOES OUT OF FASHION

Cobra & Bellamy make affordable classically designed watches

Pictured is our latest addition to the range the LAMORNA, a ladies watch retro in design easy to read a joy to behold Available in Stainless steel at £115, 21 Carat or Rose Gold Plated at £125 with a black or brown hand stitched leather strap. The Lamorna is the watch we have all been waiting for.

To view the complete collection go to **www.cobrabellamywatches.co.uk** or call 01736 732112





the gift of a great sleep



Midnight Blue Escape Sleep Mask
£17.95 plus p&p

www.the snoozery.co.uk
sleep masks | bed socks | hot water bottles

THE OAK & ROPE COMPANY















OAKANDROPE.CO.UK
01227 469 413

BluBalou.com
THOUGHTFUL GIFT IDEAS





10% off with discount code
GH10%



BYGONE NEWSPAPERS
Anniversary & Birthday Gift Ideas



- ORIGINAL Daily Newspapers 1847 -2015
- A perfect gift to commemorate any special occasion
- Each newspaper is accompanied with a Certificate of Authenticity
- We offer a great range of high quality nostalgic gifts

For Free Details **FREEPHONE 0800 138 0990** to 8pm
Int: 00 44 1934 412844
www.bygonenews.com/gh

backdoorshoes



PUT A SPRING IN YOUR STEP WITH BACKDOORSHOES®!
Waterproof, lightweight and printed with our unique designs. Backdoorshoes® offer a Mens, Ladies and Kids range from kids size 10 to adult size 13. Comfortable with removable washable insoles.
Price £20 plus pp.
www.backdoorshoes.co.uk

www.bookpillow.co.uk
BUY ONLINE - MAIL ORDER - Tel. 0114 2334303
BookPillow Ltd, 70 Nethergate, Sheffield S6 4DJ



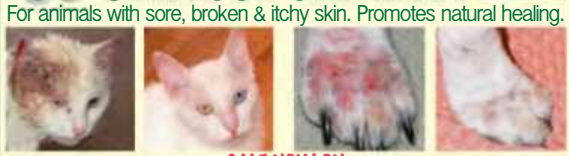
...give your book a rest

PETS



Handcrafted pet beds and footstools
www.berkeleycole.co.uk • 01285 851621

CAMROSA OINTMENT
For animals with sore, broken & itchy skin. Promotes natural healing.



+44 (0)1892 783240 SALE NOW ON www.camrosa.co.uk

SERVICES

Girlings
RETIREMENT RENTALS



Without doubt, the best property decision you may ever make... **55+?** Did you know you can **rent private retirement property** on a **Life Long Tenancy** which gives you the right to remain living in the property for as **long as you wish**, with **service charges and maintenance included in the rent?**

Specialists in letting retirement property

- Peace of Mind
- Independence
- Flexibility
- Choice

0800 525 184
www.girlings.co.uk

CLAIRVOYANCY

Psychic Sue
www.Psychicsue.co.uk
mention the word PISCES and get an extra 5% off
must be 18 years for entertainment only

World Renowned Psychic Medium & Clairvoyant
using Colours, Ribbons, Pendulum & Crystal Ball
01609 760217
All major credit/debit cards accepted
Special Offer £32.95 For a 20 min reading
usually £35.95
extra mins charged at £1.83 per min

ARTS & CRAFTS

YOUR TAPESTRIES & NEEDLEWORKS....
Beautifully stretched and made-up into cushions, wall hangings, bell-pulls, rugs, etc. Experienced professional quality 21 day service. Unfinished tapestries and needleworks completed. Designs painted on canvas. Specialist framing service. Multi-panel rugs completed and made-up.
www.sarabarnsneedlework.co.uk
SARA BARNS NEEDLEWORK
TEL. 01485 520151
The Old Swan, 5 School Road, Great Massingham, Norfolk PE32 2JA

TAROT

Psychics and Mediums
99% ACCURACY
Call for answers and be amazed as our truly gifted World Class readers unveil the mysteries in your life. You deserve happiness, call now for the advice you need.
All Your Questions Will Be Answered 0904 007 0071
Only 45p Per minute
VISIT US www.TRUSTED-PSYCHICS.co.uk FOR CHEAPER CREDIT CARD READINGS Or Call 01604 922761

Psychic Light
Discover Your Destiny
Imagine Your Future
Release Your Past
Insightful Readings with Sincere Psychics and Mediums
Text Medium or Psychic to 84184
Texts £1.50/reply, max 3 replies plus standard text rate

Best Psychics & Mediums
0800 915 2341
Pay on your credit card £32.95 for 20 mins

Best Psychics
0906 110 3343
Sincere psychics that guide your destiny

Best Mediums
0906 110 3342
Gifted mediums answer your burning questions

www.psychiclight.com
0906 calls cost £1.50/min + your phone company's access charge & recorded. 18+ & entertainment only. Helpline 0113 847008.

CHARITIES

SAFE HAVEN FOR DONKEYS IN THE HOLY LAND

Help rescue, care & protect donkeys



Meet Poppy one of our rescue donkeys, found lying in an orange grove with significant damage to one of her hooves due to being hobbled by wire.

Safe Haven For Donkeys provides a home to over 220 in our sanctuary along with clinics across Israel and Palestine offering free medical care and attention to over 600 donkeys a week.

Please help us to reach out to these hardworking and gentle animals, they need your help so desperately.

Every donation however big or small makes a huge difference to all the donkeys.

Send your donation to:
Safe Haven for Donkeys in the Holy Land
The Old Dairy, Springfield farm, Scaynes Hill, West Sussex RH17 7NG

Telephone donation line:
01444 831177

Donate online at
www.safehaven4donkeys.org

JEWELLERY

Extra special offers when you **JOIN THE LADIES** on our website

CiaoBella jewellery

Occasion jewellery to complete any outfit, and perfect for Christmas gifts.



Ciaobellaladies.com
Facebook.com/ciaobellaladies
Twitter.com/ciaobellaladies

BLINDS & SHUTTERS



0800 195 0 196
californiashutters.co.uk

CALIFORNIA SHUTTERS
Measure, install and save



Made-to-measure blinds, curtains & shutters

TO BOOK AN APPOINTMENT WITH YOUR LOCAL ADVISOR
CALL **0800 587 6465** OR VISIT **HILLARYS.CO.UK**

HILLARYS
Make a window. Make a room.

*T's & C's apply.

BEDS & BEDDING



Pure Cotton Bedding and 100% Natural Handmade Soy Candles.

Deep Comfort from Laura Thomas

www.laurathomaslinens.com

KITCHENS

Order the 'Sheila Maid'®
online from
www.sheilamaid.com
or by telephone:
+44 (0)1307 468589
Est 1986

OUR ICONIC CAST IRON & NATURAL PINE CLOTHES AIRER IS THE ECO WAY TO DRY EACH DAY™
HAND FINISHED ROUND EDGED RAILS - TRADITIONAL CURVED SHAPE - AVAILABLE IN 4 RAIL OR 6 RAIL OPTIONS. 7 COLOURS AVAILABLE

4 Rail Option
57" £59 | 6ft £62 | 7ft £65

6 Rail Option
57" £82 | 6ft £85 | 7ft £88

Cast Iron Colours:
Original (clear lacquer)
Black
White
Red
Blue
Green
Ivory

Nutscene (1922) Ltd,
Forfar, Angus DD8 2RG
www.nutscene.com

PERSONAL

At last! Vibrators that really work...



Introducing the PicoBong Zizo silicone vibrator!

Priced at an incredible **£39.99 (including UK P&P)**, this powerful skin-safe vibrator delivers intense internal and external stimulation. Powered by just 2 AAA batteries, Zizo is easy to use with multiple speeds and pulse patterns.

Perfect for vibrator beginners, Zizo can also help with vaginal tightness. This waterproof vibrator has a full **1 YEAR GUARANTEE** backed by Jo Divine.

PicoBong Zizo is available in pink, purple and blue.
Quote offer GD812 for FREE batteries! (Until end Feb 2016)

Just £39.99 inc. UK P&P!

***BUY TODAY!* Online: www.jodivine.com**
Phone: 01892 888284

Call/write for FREE brochure for men & women

ORDERING BY POST: Send a cheque/postal order payable to **Wholesome Trading Ltd.** Enclose your name and address. State product/colour you want. Write in BLOCK CAPITALS. **Send to:** Wholesome Trading Ltd, DEPT GD812, PO Box 426, Tunbridge Wells, TN2 9NA.

JO DIVINE *For passion, for pleasure...*

UK P&P included - please add £9 for Eire/Europe.



A gift horse isn't just for Christmas

Finding the perfect present is tricky, says Sandi, who has learnt that not everything born in a stable brings good will and festive cheer...

ILLUSTRATION **CLARE MACKIE**

I once bought a horse by mistake. I was at Epsom Racecourse, where I was asked to auction off a horse for charity. I stood beside the giant beast in front of a sizeable crowd and prepared for the frenzy to commence... but nothing happened. No one, it seemed, was in a horse-buying mood, so I kicked the bidding off myself with an offer of a thousand guineas. This generous move was followed by silence. Total silence. And it slowly dawned on me that I had inadvertently bought the creature.

I can't say I was pleased. I had come in my sports car and had no idea how to get the thing home. I began to wonder if I could give the animal to someone as a gift, but I knew they would immediately be filled with an urge to look the thing in the mouth. I think we all know you're not supposed to look a gift horse in the mouth and I didn't want to put any of my family or friends under that kind of pressure. (Apparently it was St Jerome in the fourth century who first conceived the whole Gift Horse Mouth notion of not examining presents too closely. *Noli equi dentes inspicere donati* – never inspect the teeth of a given horse – if you want the Latin, and who doesn't?)

As we head for Christmas I am reminded that receiving anyone's gift can be tricky and I spend hours trying to wipe from my mind the phrase, 'What the hell where you thinking?' Last year there was a survey (there was probably one this year, too, but I like to keep a step behind), which revealed that during the holiday season 59% of people steel themselves to feign delight when unwrapping presents they don't want. I don't know what the remaining 41% do. Presumably they are more easily pleased. This led me to wonder if more than half my family won't like what I have painstakingly purchased for them, so I've been checking out how you can distinguish fake joy from actual delight.

Apparently, for the bogus response you need to look for a cluster of clues. In fact you have to be laser-like in focusing on the receiver's face. According to psychologists, if the person is unhappy with their gift, all movement in their face will momentarily be suspended as if they've been caught in the icy blast of an open freezer. It is, I'm assured, a clear sign that they have no idea how to hide their horror. If the recipient then attempts the pretence of delight, they will become physically agitated, tapping their feet or shaking their legs. They might start touching their face as if to hide their deception, and say 'yes' while shaking their head at the same time. In more extreme moments of gift dislike they might actually lean away as if to distance themselves from the vile object. They'll smile and frown at the same time and their voice will suddenly go up a bit like a choirboy reaching for a high note. It's a lot to take in and I suddenly have a vision of my entire family shaking and tapping and speaking to me as if they've swallowed helium.

Feeling slightly panicked at the thought of my beloveds going through such physical torture, I've been trying to work out how not to get it wrong. There are a few rules that I have learnt over the years. Oddly, no one appreciates the gift of a weight-loss programme, comedy neckties are not as amusing as I once thought and a domestic appliance under the tree charms no woman.

Now that I know what to look for in their response, however, I'm worried I shall turn into the Poirot of present reception as I endlessly observe whether they lean in or out and whether their voice goes weird. No wonder Christmas is so exhausting!

In case you're wondering, I didn't keep the horse. I gave the money to charity and let the owner take him back. But while we're on animals – does anyone know of any dogs that *are* just for Christmas? □



> It dawned on me that I had inadvertently bought the horse

PORTRAIT OF SANDI: NICKY JOHNSTON



Add a touch of modern vintage to your kitchen and home with Pretty Retro, the latest collection to come from the English designer Katie Alice

Available now at the Katie Alice on-line store: **www.katie-alice.co.uk**
or to find your nearest stockist visit **www.creative-tops.com** or call: 01536 207710


L'Eau de Parfum
La vie est belle
Life is beautiful. Live it your way.
LANCÔME
PARIS

Good Housekeeping

CHRISTMAS A-Z

- RECIPES
- COOKING TIPS
- FESTIVE IDEAS



Every recipe TRIPLE TESTED for guaranteed success

Celebrate with us!



JUST **£4.99**

ON SALE NOW!

On sale now in stores, buy your copy online at hearstmagazines.co.uk/GH/xmas15
or call 0844 848 1601* today and quote ref JGH10118

*Lines open weekdays 8am-9.30pm; Saturdays 8am-4pm. BT landline calls will cost no more than 5p a minute; calls from mobiles and other networks usually cost more

Merry Christmas

3 WAYS TO MAKE IT THE BEST-EVER!

✶ GET AHEAD Plan and prepare as much in advance as practical. The tips and ideas in this booklet will help to inspire and ease the festive load.

✶ TAKE CLEVER SHORTCUTS Relish spending time on those festive preparations you love but don't be afraid to cheat! We've plenty of time-saving, 'no-one-will-ever-notice' ideas here.

✶ PRIORITISE FUN! Make time for what *really* matters at this time of year – happy times with friends and family. It's what Christmas memories are made of...



PHOTOGRAPH: GETTY

A

ADVENT COOKIES

Create an advent calendar with a difference by hanging up one of these pretty spiced biscuits every day leading up to Christmas. (You might have to make extra if the kids insist on eating them!)

In a small pan over low heat, melt together **150g (5oz) butter, 125g (4oz) golden syrup** and **125g (4oz) soft light brown sugar** until the sugar has dissolved. In a food processor, pulse together **375g (13oz) plain flour, ½tsp bicarbonate of soda, 1tbsp ground ginger** and **1tsp mixed spice**. Mix in the sugar mixture to form a dough. Wrap dough in clingfilm and chill for 30min. Heat oven to 190°C (170°C fan) mark 5. Lay out 2 pieces of baking parchment and roll out the dough to the thickness of a £1 coin. Use biscuit cutters to cut out a variety of shapes, piercing a hole near the top of each with a skewer. Transfer to two lined baking sheets and bake for 10-12min until golden and cooked through. Allow to cool for a few minutes, then transfer to wire racks and cool completely before icing. Sift **icing sugar** into a bowl and add just enough water to make a thick, spreadable icing. Divide icing among bowls and add **food colouring pastes** to create desired colours. Pipe or spread over biscuits and leave to set. Thread ribbon or string through the biscuits.
Makes 25-35 biscuits

GET AHEAD *Biscuits can be wrapped in cellophane and hung on the tree, or stored in an airtight container for up to four weeks.*





PHOTOGRAPHS: MYLES NEW, GETTY



AROMATICS

✶ *If you're hosting a party (and have a burner free on your stove), create a festive simmer pot: fill a saucepan with some water and inviting aromatics like cinnamon sticks and apple slices. As the mixture heats, it will fill your home with happy, nostalgic scents – and your guests may never want to leave!*

✶ *For a less sweet take on the simmer pot, try one with pine branches as the main ingredient (and fool yourself into thinking you bought a real Christmas tree this year).*



✶Amaretti✶

Make a trifle extra special by replacing sponges with amaretti biscuits soaked in amaretto.



B

BAKING

Get ahead with your baking in the weeks leading up to Christmas to take off some of the pressure, then follow storage instructions.

Before you start baking, gather all your ingredients together and weigh them out first to save time and avoid any mistakes.

Make it a pleasure by setting aside enough time to get on with it, putting on some Christmas music – and maybe spoiling yourself with a glass of mulled wine when you're finished!

Learn new skills See our how-to baking videos at goodhousekeeping.co.uk/institute



B

BRUSSELS SPROUTS

✶ **Buy Brussels sprouts very fresh** and, if you don't like the smell they give off while cooking, blanch in boiling water for 2min before pan-frying in butter until tender.

8 MIN

QUICK RECIPE

Brussels Sprouts with Nutmeg and Lemon Butter

Bring a pan of salted water to the boil. Add **1.1kg (2½lb) small trimmed even-sized Brussels sprouts** and boil for 4-5min until just tender. Drain and return to the pan. Mash **25g (1oz) softened butter** with the finely grated **zest and juice of 1 lemon** and freshly **grated nutmeg** to taste. Stir into the sprouts and serve immediately. **Serves 8**

GET AHEAD *Prepare nutmeg and lemon butter up to two days ahead. Wrap in clingfilm and chill.*

BREAD SAUCE

✶ ***To keep bread sauce warm without it congealing...*** put the sauce into a small bowl, cover with clingfilm and set in a large bowl half-filled with hot water until ready to serve.

✶ BRANDY BUTTER ✶

✶ Rescue brandy butter that starts to curdle by sieving in a little extra icing sugar and mixing well. Works a treat!

✶ Leftover brandy butter is delicious spread on scones or fruit loaf.



PHOTOGRAPHS: GARETH MORGANS, HEARST MAGAZINES UK, GETTY

C

Christmas pudding

A tasty way to use up leftover pudding...

35 MIN +



EASY RECIPE

Christmas Truffle Puddings

Lightly dust a work surface with **icing sugar** and roll out some **green sugarpaste** until it's 3mm (⅛in) thick. Use a plunge veined cutter to stamp out two holly leaves for each pudding, then leave to harden on a baking tray lined with baking parchment. Using your fingers, roll out some **red sugarpaste** into tiny balls for berries – three for each pudding – and put on to the baking tray with the leaves. Leave at room temperature to harden – at least a couple of days. Melt **75g (3oz) chopped plain chocolate** in a heatproof bowl set over a pan of barely simmering water, making sure the base of the bowl doesn't touch the water. Put **450g (1lb) cold Christmas pudding** in a large bowl and add the melted chocolate. Squish the mixture together and shape into 8–10 smooth balls. Place them on a baking tray lined with parchment paper and chill to set – at least 2hr. When ready, sift **125g (4oz) icing sugar** into a bowl and add just enough water to make a stiff paste that you can spread but that won't run. Use a knife to top each pudding with a crown of icing, coaxing it down the sides a little. Arrange the leaves and berries on top of each pudding, then set aside (not in the fridge) to allow the icing to set. **Makes 8–10**



CRACKERS

✶ ***Before you buy,*** check out the best Tried & Tested Christmas crackers at goodhousekeeping.co.uk

PHOTOGRAPHS: GARETH MORGANS, PHILIP WEBB, STUDIO 33. CRACKERS FROM A SELECTION AT JOHN LEWIS

Cranberries

- Love cranberry sauce? Add a spoonful to your gravy to give it a fruity kick.

- For ice cubes that add a festive touch to drinks, pop a raw cranberry into each compartment of an ice cube tray, then fill with water and freeze.



20 MIN

QUICK RECIPE

Drunken Cranberry Sauce

Put **400g (14oz) cranberries, 1 cinnamon stick, 150g (5oz) caster sugar** and **100ml (3½fl oz) kirsch** into a pan and bring to the boil. Simmer, uncovered, stirring occasionally, for 10-15min. Empty the sauce into a bowl, remove the cinnamon stick and leave to cool. Once cool, if the sauce is too thick, stir in some water. **Serves 8**

D



Decorations

Decorating the Christmas table is all part of the fun! Here are a few quick and simple ideas...



- Create an eye-catching centrepiece by stacking glass cake stands with coloured baubles to match your overall scheme, finishing with curls of matching ribbon.
- Run a length of festive ribbon down the centre of your dining table and scatter over small baubles or Christmas confetti.
- Wrap lengths of ivy around plain white napkins for a stunningly simple place setting.
- Write place names on white cards, then slip them into gold or silver-sprayed pine cones.

PHOTOGRAPHS: GARETH MORGANS, GETTY



D

DESSERTS

Need to rustle up an easy festive dessert? Here are two delicious ideas...

✶ Stir a few **chopped nuts** into some **mincemeat,** then use it to fill **cored Bramley apples.** Score a line around the middle of each, dot with **butter, add a splash of apple juice** and bake at 200°C (180°C fan) mark 6 for 45min-1hr until soft.

15 MIN

CHEAT'S SOUFFLE

Preheat a baking sheet in the oven so you can cook the soufflés on it and take them out in one go.

Whisk **3 medium egg whites** and **75g (3oz) caster sugar** until stiff, fold this mixture into **225ml (8fl oz) bought chilled fresh custard,** then spoon into six 125ml (4fl oz) ramekins and pop into a preheated 220°C (200°C fan) mark 7 oven for 10-12min until well risen. Dust with **icing sugar** and serve immediately (they'll sink quickly). **Serves 6**



ESSENTIAL PREP

- Ensure you have enough glasses, jugs, dishes, napkins and cocktail sticks – and don't forget to buy extra loo roll.
- Plan how you're going to chill drinks (a neighbour's fridge, ice buckets, etc).
- Remember to provide a few non-alcoholic drinks for drivers.
- Decide in advance where to stack dirty glasses and serving dishes.
- ***And finally...*** Stock up on bin bags and tea towels for the big clear-up.



ENTERTAINING

Whether you're hosting drinks and nibbles or a three-course dinner party, make sure you're prepared



We recommend you allow 10 canapés per person for an evening party without dinner – the last round of which should be a sweet bite. If you're serving drinks and nibbles before a meal, 4–5 savoury canapés per person will be plenty.

PHOTOGRAPHS: MYLES NEW, GETTY

F FIZZ...

- Be sure to stash bubbly in the fridge for at least three hours before you want to serve it. Fizzy wine takes longer to chill down than still wine.

- To get the most from Champagne, serve it at 8°C in a flute-shaped glass, so there's less surface area for the bubbles to escape.

- Ask guests to bring a bottle of inexpensive fizz, then load a side-table with flutes and some extras – such as crème de cassis, elderflower cordial, blackberries or blueberries, cranberry juice, lemon or raspberry sorbet – so they can customise their own tipples.



PHOTOGRAPHS: SAM STOWELL, GETTY



F

FRUIT CAKE

Good Housekeeping produces a fruit cake recipe for Christmas every year, visit goodhousekeeping.co.uk for a selection of our favourites

✶**Prefer your cake a bit stronger?** After it has been left wrapped for two weeks, unwrap your cake and prick the top all over with a skewer. Sprinkle over 1tbsp brandy or Cointreau. Rewrap and store as before. Feed every few weeks for a more intense flavour.

✶Freeze✶

Fresh berries can be expensive at this time of year, so buy frozen instead – bags of mixed berries are particularly useful. They taste just as good as fresh – and are ideal for a last-minute pud!





Gift ideas

Everyone loves a homemade foodie gift – why not try our Brandy and Almond Mincemeat recipe, right. Label the jar with storage instructions, a use-by date and recipe for mince pies.

10 MIN

QUICK RECIPE

Brandy and Almond Mincemeat

Peel and coarsely grate **2 dessert apples, such as Braeburn or Pink Lady** (avoiding the core) into a large bowl. Stir in **125g (4oz) sultanas, 125g (4oz) raisins, 125g (4oz) currants, 100g (3½oz) chopped glacé cherries, 100g (3½oz) vegetarian suet, 200g (7oz) light brown soft sugar, 100g (3½oz) flaked almonds, zest and juice of 1 orange or lemon** and **4tbsp brandy or whisky,** then transfer to an airtight container. Cover and leave to mature in a cool, dry place for at least one week and up to two months – remembering to shake the container occasionally. Once mature, spoon the mixture into sterilised jars and seal. Store in a cool, dry place. Chill once open.

Makes about 1kg (2lb 2oz)





...then make mince pies

Roll out a **375g pack of sweet shortcrust pastry** to about 5mm (¼in) thick on a work surface dusted with **flour or icing sugar.** Stamp out 12 circles large enough to fit the holes of a bun tin and press them into the tin. Fill each case with mincemeat. Re-roll pastry trimmings and cut out lids, then cut stars out of the lids. Top each pie with a star or open lid. Brush with **beaten egg,** then bake at 200°C (180°C fan) mark 6 for 18-20min until golden. Sprinkle with **icing or caster sugar** before serving warm or at room temperature.

GLASS JARS

✶ ***To sterilise jars,*** preheat oven to 140°C (120°C fan) mark 1. Wash jars with hot, soapy water and rinse well. Put upturned jars on a baking sheet in the oven for 10–15min or until completely dry. Or you can run jars through a hot dishwasher cycle.

PHOTOGRAPHS: MYLES NEW, MARK SCOTT, PHILIP WEBB, GETTY

G

GRAVY

✶ **Gravy too thin?** Mix **15g (½oz) each of butter** and **plain flour** to form a paste. Add small pieces to simmering gravy and whisk in until it thickens.

✶ **Gravy needs beefing up?** Whisk in knobs of butter for extra richness and a glossy finish.

✶ **Gravy needs alcohol?** Madeira is a great addition to gravy and goes wonderfully well with turkey. Find our easy recipe for Madeira Gravy at goodhousekeeping.co.uk.

HAM

After boiling and before roasting your ham, brush over a mixture of ***50g (2oz) dark brown sugar, 1tbsp thin-cut marmalade, 2tsp English mustard powder*** *and* ***1tbsp brandy.*** *Remember to re-glaze once during cooking with any spare mixture.*



Learn new skills **See our how-to cook a ham video at goodhousekeeping.co.uk/institute**



Herbs

Whether fresh or dried, herbs are a great way to add flavour

Stock up on fresh herbs such as parsley and rosemary, particularly good for adding a homemade touch to shop-bought dishes.

If you run out of fresh herbs, don't worry, substitute 1tsp dried for 1tbsp fresh herbs. Dried herbs have a stronger, more concentrated flavour than fresh.

PHOTOGRAPHS: KATE WHITAKER, GETTY

I

ICING

No cake turntable? Sit the cake board on an upturned, sturdy can and turn the cake with one hand as you ice it.

Dye your own ready-to-roll icing by whizzing it in a food processor with a little food colouring paste (from cake shops), then knead icing until smooth. Avoid liquid colourings with ready-to-roll icing as these will make it too wet.



PHOTOGRAPHS: MYLES NEW, HEARST MAGAZINES UK

Juice

Mix together orange juice, cranberry juice and tonic and serve over ice as a grown-up non-alcoholic drink.



20 MIN

Mulled Cranberry and Raspberry Punch

Pour **2 litres (3½ pints) cranberry juice** into a large pan. Add **1 cinnamon stick, 10 whole cloves, 2.5cm (1in) piece roughly chopped root ginger** and **40g (1½oz) golden caster sugar**. Add **most of 200g (7oz) raspberries** to the pan, reserving remainder. Halve **1 orange** and add both halves to pan. Heat gently and stir to dissolve sugar, then simmer for 5min or until raspberries are soft. Strain through a fine sieve, pressing fruit gently with the back of a spoon to extract the juice. Return liquid to pan to warm through. Ladle punch into glasses. Decorate with **reserved raspberries** and **orange wedges**. **Serves 10**



K

KEEP CALM AND CARRY ON COOKING

It can feel overwhelming to be in charge of the festive feast. Don't try to do it all yourself – ask for help. And try these tricks of the trade...

PHOTOGRAPHS: GETTY, GOOD HOUSEKEEPING CASSEROLE DISH, SAINSBURY'S

Keen to relax?

Cook up a casserole for Christmas Eve. Prepare ahead, then pop it in the oven to cook – giving you time to relax with family and friends.



If the turkey's still pink when you're ready to eat, don't panic. Return it to oven, checking every 10min. Cover veg with foil and reheat when ready to serve – microwave any that have been steamed or boiled; pop roasted veg in a high oven for 5min.

If your bread sauce lacks flavour, crumple a bay leaf before stirring it into the sauce.

Worried about fitting everything on the hob? Invest in a steamer – put the veg that takes the most time in the base. And microwave the pud – no-one will notice the difference!



KNOW YOUR LIMITS

Feeling stressed? Find a quiet corner, maybe light a calming candle. Relax and clear your mind. Close your eyes for 10min and listen to your breath. Feel it flow through your body. When thoughts intrude, bring your attention back to your breathing. That's it!

LEFTOVERS

Ensure your hard work doesn't go to waste with these quick and easy meal ideas

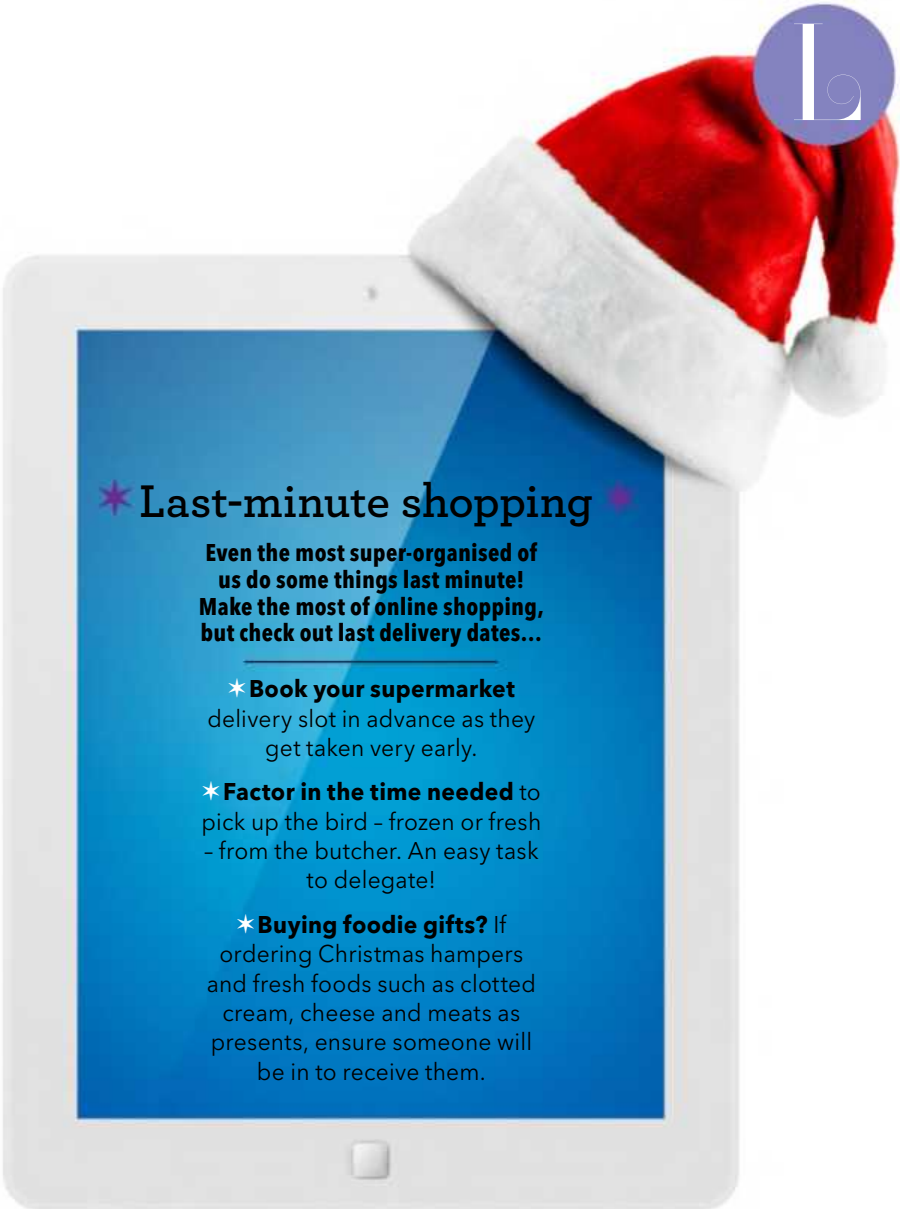
- Crumble stale mince pies into vanilla ice cream and serve with a tot of brandy for an instant pud.

- Crush and fry leftover roast potatoes with leftover cabbage and a little gravy. Delicious with cold meat.

- Too much mashed potato? Mix it with salmon and dill for quick and easy fishcakes.

- Try cranberry sauce in an open sandwich topped with Stilton, then toasted. A great alternative to turkey!





Last-minute shopping

Even the most super-organised of us do some things last minute! Make the most of online shopping, but check out last delivery dates...

- **Book your supermarket** delivery slot in advance as they get taken very early.
- **Factor in the time needed** to pick up the bird – frozen or fresh – from the butcher. An easy task to delegate!
- **Buying foodie gifts?** If ordering Christmas hampers and fresh foods such as clotted cream, cheese and meats as presents, ensure someone will be in to receive them.

PHOTOGRAPHS: GETTY, HEARST MAGAZINES UK

M

MINCE PIES

WITH A TWIST

20 MIN

EASY RECIPE

Christmas Tree Mince Pies

Using tree-shaped cutters, stamp out as many trees as you can from **1 sheet of ready-rolled puff pastry**. Put **1tsp mincemeat** in the centre of half of the trees, brushing the edges with **egg white**. Brush remaining trees with **egg white**, then cut slits across centre and press over mincemeat trees, sprinkle with **granulated sugar** and bake for 15min at 200°C (180°C fan) mark 6 until golden.





PHOTOGRAPHS: GETTY; CHARLIE RICHARDS PHOTOGRAPHY LIMITED, HEARST MAGAZINES UK

MARINADES

✶ Marinades can transform chicken or turkey pieces. Try this: stir together ***juice of 1 lemon, 10cm (4in) piece grated root ginger*** and ***6tbsp sweet chilli sauce***. Marinade meat for 10min.



✶ MULLED WINE

Empty **2 bottles of fruity red wine** into a large pan. Slice **4 oranges** into six wedges each and add to the wine, along with **5 cloves, 100ml (3½fl oz) brandy, 2 cinnamon sticks, 1tsp mixed spice** and **6tbsp golden granulated sugar**. Warm gently over a low heat, stirring occasionally, until the sugar dissolves – take care not to boil the mixture, as this will cook out the alcohol. Ladle the wine into glasses and serve with **extra slices of orange** if you like. **Serves 12.**



NUTS

NUTTY KNOW-HOW

✶ ***When grinding nuts*** in a food processor for cakes or puddings, be careful not to over-process, as they will become oily.



✶Nut roast✶

Need a meat-free dish? Check out our recipe for Mushroom and Cranberry Nut Roast at goodhousekeeping.co.uk

15 MIN



QUICK RECIPE

Mixed-nut Praline

Put **150g (5oz) caster sugar** in a heavy-based pan and melt over a low heat until golden brown and caramelised. Shake the pan once or twice so the caramel cooks evenly. Put **50g (2oz) roughly chopped mixed nuts** on a sheet of baking parchment and pour over the caramel to cover. Cool, then chop roughly and store in an airtight container for up to 3 days.

GH TIP *Use to decorate cakes or serve with ice cream.*

PHOTOGRAPHS: CLIVE STREETER, GETTY. NUT DECORATION: JOHN LEWIS

Onions

A rich savoury onion gravy is a speedy timesaver...





15 MIN

QUICK RECIPE

Onion Gravy

Put **600ml (1 pint) good-quality chicken stock** and **150ml (5fl oz) white wine** in a pan and heat until just simmering. Mix together **3tbsp caramelised onions** from a jar, **25g (1oz) cornflour** and 2tbsp water. Whisk onion mixture into the hot liquid. Bring to the boil, whisking, until the gravy thickens. Add **lemon juice** and seasoning to taste. Will keep in the fridge, covered, for up to 3 days. **Serves 6**

PHOTOGRAPHS: WILLIAM LINGWOOD, PHILIP WEBB, OMAR KNAZ



Oranges

✶**Fry orange slices** to use as a garnish around the turkey.

✶**Orange zest** and a splash of brandy will perk up ready-made cranberry sauce.

✶ ORANGE LIQUEUR

Peel zest from **8 unwaxed oranges** in long, broad strips using a vegetable peeler. Push zest into two sterilised wine bottles (see G for Glass Jars for sterilising tip). Divide **1 bottle dry white wine, 300g (10oz) golden caster sugar** and **600ml (1 pint) white rum** between bottles. Seal and shake well. Label and store for six weeks before drinking. **Makes 2 x 75cl bottles**

P

✶Potatoes



✶**If serving hasselback potatoes,** you can leave them unpeeled if you wish. Give them a good scrub before cutting into them.

✶**To add extra crunch to roast potatoes,** toss them in 40g (1½oz) semolina or polenta per 2.5kg (5½lb) potatoes after par-boiling and before roasting.

✶**For a change,** serve Sweet Potato Mash with leftover cold meat. For 6 servings, add 900g (2lb) sweet potatoes to 400g (14oz) King Edward potatoes and follow usual recipe.

PHOTOGRAPHS: GARETH MORGANS, GETTY, SAM STOWELL

PASTRY RULES

A freezer essential over the holidays...

✶ Ready rolled sheets of shortcrust or puff pastry can be used to turn leftover veg and meat into a sumptuous pie – just add a thick creamy white sauce, toss into an ovenproof dish and top with a sheet of pastry.

✶ Cut filo pastry into 9cm (3½in) squares and fill with prawns and spring onions for quick nibbles.

✶ A sweet pastry case is a handy base for a quick dessert, filled with fruit or a favourite storecupboard filling.



PIGS IN BLANKETS

Jazz up a perennial favourite and save time, too

30 MIN

QUICK RECIPE

Sticky Pigs in Blankets

Heat oven to 200°C (180°C fan) mark 6. Put **18 shop-bought bacon-wrapped cocktail sausages** on a baking tray. Cook in oven for 25-30min, until golden and cooked through. Carefully stir in **1tbsp marmalade,** shaking the pan to coat the sausages. Tip into a serving dish and serve with cocktail sticks as a canapé or with the turkey. **Makes 18**





Q

QUICK FIXES

A little extra touch turns ready-made into something special

- Add a glug of Advocaat to whipped and sweetened double cream. Perfect with mince pies and piping-hot Christmas pudding.
- Buy pre-prepared, ready-to-roast carrots and parsnips and add your own flavourings – try olive oil, maple syrup and fresh thyme.
- Add a splash of vodka, rum or Cointreau to shop-bought mulled wine for a winter warmer with a bit of a kick.

ROULADE

✶ ***Add a festive touch.*** Decorate your roulade with gold and silver dragées or balls and edible glitter. Get inspired at squires-shop.com.

Need help rolling your roulade? Watch our how-to video at goodhousekeeping.co.uk/institute



R



✶RED WINE✶

Rooms are warmer than they used to be, serving red wine at 'room temperature' means at 15-18°C

✶**To serve red at its best,** pour it into a jug 1hr in advance, then return it to the bottle just before the meal – or into a nice carafe.

✶**When pouring red into a glass,** fill it only ⅓ to ½ full. This allows the drinker to swirl the wine around the glass and aerate it.

✶**Freeze leftover red wine** in ice cube trays for adding to stews and sauces.

✶REST✶

For the juiciest result, rest your turkey for at least 30min, or up to 1¼hr, covered with foil and clean tea towels.

PHOTOGRAPHS: GETTY; GARETH MORGANS

STARTERS

Free up your time with some quick and easy starters, all equally delicious...

✶ **Buy some large jars** of marinated vegetables in oil, such as artichokes, roasted peppers and aubergines and mixed olives. Arrange on a platter with a whole mozzarella cheese, sliced, and a drizzle of balsamic vinegar.

✶ **Fill ramekins with** cooked prawns, cover with melted butter flavoured with Worcestershire sauce, nutmeg, cayenne pepper and plenty of seasoning. Leave to set in the fridge. Serve with warm toast.



✶ **Trim the woody end off figs,** wrap ½ slice Parma ham around the base of each fig. Arrange on a platter with cress, thinly sliced radishes and crumbled Stilton scattered over. Drizzle over a dressing.

✶ **Allow 50g (2oz) smoked salmon** per person. Serve with lemon wedges and brown soda bread.

✶ **Wrap strips of bacon** around raw prawns. Fry in butter for 3-5min until pink. Season, sprinkle over chopped chives and serve.

PHOTOGRAPH: ALESSI SCIA NATALINO PASTRY PLATE, £38, BLACK BY DESIGN LTD, BLACK-BY-DESIGN.CO.UK, STEVE BAXTER.



Stuffing

Add fresh herbs and crushed garlic to stuffing balls and oven bake for crispy-coated yet moist bites.



PHOTOGRAPHS: GARETH MORGANS, TURKEY IN A GLASS CLOCHE, £4, PAPERCHASE, BILL KINGSTON.

TURKEY

It's the star of the festive show, but there's no need to panic, a few simple tips will help...



- Stuff just the neck end of the turkey, not the central cavity, as this will prevent the heat circulating.

- Give your turkey added wow factor before taking to the table, by garnishing it with rosemary sprigs, bay leaves, stuffing balls or fried lemon quarters.

Learn all you need to know about cooking turkey – see our how-to videos at goodhousekeeping.co.uk/institute



Size matters

- ***If your turkey is frozen,*** thaw it in the fridge, allowing 8–12hr per kg (2lb 3½oz). Cook within 24hr.

SIZE	WEIGHT	APPROX NUMBER OF SERVINGS
SMALL	3.5kg (7lb 11oz)	6-8
MEDIUM	5.5kg (12lb 2oz)	10-12
LARGE	7.5kg (16lb 9oz)	15-17

To cook, allow 30-35min per kg (2lb 3½oz) at 190°C (170°C fan) mark 5



Update

Put a new twist on the tradition of 'finding the sixpence' in the Christmas pudding by adding a chocolate coin to each serving.

See our how to make a Christmas pudding video at goodhousekeeping.co.uk/institute

PHOTOGRAPHS: GARETH MORGANS, HEARST MAGAZINES, KATE WHITAKER.

✶ VEGETABLES

✶ *For the right quantities of veg, allow 125g (4oz) raw weight per person for green veg and carrots, 1 parsnip and 175g (6oz) potatoes.*

✶ *Prepare root vegetables the night before and store in the fridge covered in cold water. To speed up roast potatoes, par-boil the day before, then cool and chill.*

✶ *Just before you begin to cook red cabbage, stir in the juice of 1 lemon to prevent it losing its vibrancy during the lengthy cooking process.*

✶ *Instead of sprouts, serve kale for a change. Boil the shredded or roughly chopped leaves in salted water, then refresh in iced water. Drain, then fry in butter with plenty of seasoning.*

V

VEGETARIAN

✶ **Use vegetarian suet** when making your own pudding and mincemeat so vegetarians can enjoy them, too.

✶ **If you usually roast potatoes in goose fat,** separate a serving for vegetarians and roast in olive oil instead.



W





WHITE WINE

Serve powerful whites, such as oaky Chardonnay, cool rather than cold...

- If you've forgotten to chill the white wine, pop the bottle into the freezer for half an hour.

- Don't have an ice bucket? Keep the bottle in an iced filled bowl so you don't have to go to the fridge for refills.

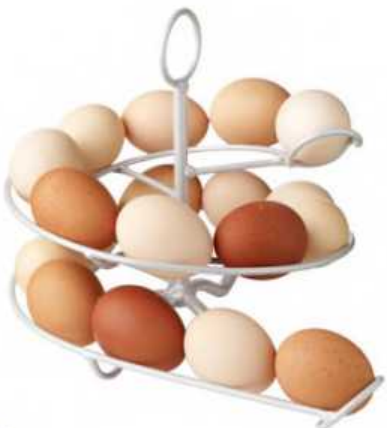


W



Whisk

Ensure bowl is dry and grease-free before whisking egg whites, even a spot of grease will spoil the result.



See our how to beat egg whites video at goodhousekeeping.co.uk/institute

PHOTOGRAPHS: PINEAPPLE BOTTLE STOP, £10, OLIVER BONAS . PETER CASSIDY, KENWOOD KMIX BOUTIQUE HAND MIXER - YELLOW, £64.99, AMARA.COM, HEARST MAGAZINES UK



X FACTOR

Spare no glitter ball for the table – it is Christmas after all!

✶ **Make it magical** with indoor sparklers, candles and lots of LED fairy lights. Set iridescent table mats and use wired silver stars to tie napkins.

✶ **Do go overboard** with festive glitter scattered over your table. Tie silver baubles together and insert glitter-strewn name cards between them.



✶ YULE LOG

TO GET AHEAD, make your Yule Log a month early. Put the log on a freezeable serving dish and wrap in clingfilm to freeze. To serve, thaw overnight in the fridge and complete any decorative touches.

PHOTOGRAPHS: GETTY, MYLES NEW.

✶ **See this Snowy Yule Log** recipe at goodhousekeeping.co.uk

Z

ZZZ...

All the hard work is done. Now it's time to curl up on the sofa, a cosy throw to hand, carols playing in the background and soothing candlelight flickering, while you cradle a comforting cup of hot chocolate and wind down before bed...



PHOTOGRAPH: GETTY, MYLES NEW.





10 MIN

QUICK RECIPE

Ultimate Hot Chocolate

In a medium pan, put **100g (3½oz) finely chopped dark chocolate** and **750ml (1¼ pint) semi-skimmed milk,** then slowly heat the mixture, whisking frequently, until the chocolate has completely melted and combined with the milk and the liquid is just beginning to boil. Remove from heat and whisk in **1tsp vanilla extract,** then add c**aster sugar** or **honey** to taste. Divide among 4 small mugs and serve. **For added luxury,** top with **lightly whipped cream** and sprinkle over some **mini marshmallows** and **grated dark chocolate** or **cocoa powder** if you like. **Serves 4**

COOK'S TIPS

- ***Replace the vanilla extract*** with a tot of Amaretto or Baileys – you may not need sugar/honey if you do.
- ***For a spicy twist,*** add a couple of thin strips of orange zest and 1 cinnamon stick to the hot chocolate and heat gently (without boiling) for 10min, stirring, until fragrant. Sweeten to taste. Strain and serve.
- ***For extra heat,*** add a pinch of two of cayenne pepper, then sweeten.
- ***Decorate with a chocolate powder snowflake.*** See cake decorating suppliers or amazon.co.uk for festive stencils.

PHOTOGRAPHS:MYLES NEW, GETTY

MEET GH ONLINE STAY UP TO DATE WITH THE LATEST NEWS AT...

Editorial Director **Lindsay Nicholson** Art Director **Tom Shone** Special Projects Editor **Elaine Griffiths** Workflow Director **Ingrid Eames** Art Editor **Terry Wallace** Chief Sub-Editor **Diana Galligan** Sub-Editor **Karen Staddon** Cookery Director **Meike Beck** Cookery Editor **Suzannah Butcher** Deputy Cookery Editor **Elizabeth Hutchinson** Cookery Assistant **Madeline Burkit** **Digital: goodhousekeeping.co.uk** Web Editor **Bernadette Fallon** Group Publishing Director **Judith Secombe** Sales Director **Ben Giles** Advertising Brand Team **Clare James (maternity leave), Julia Budhabhai, Angela Nicolaou** and **Sandra Rodrigues** Digital Brand Director **Marya Jenkins (maternity leave)** Acting Digital Brand Director **Stephanie Goodall** Group Partnerships Director **Pamela Ferrari-Blanchard** Creative Partnerships Director **Analisa Moore (maternity leave)** Project Manager **Claire Selsby** Art Director **Clare O'Sullivan** Head of Marketing Promotions **Charlotte Cunliffe** Production Manager **Greta Croaker** Advertising Production Controller **Jonathan Stuart** Printed by **Precision Printing Ltd**

GIFTS FOR FOODIES

Our pick of festive treats to spoil your favourite food lover...



CHEESE SELECTION, FROM £1.25/100G VINTAGE RED FOX (TOP LEFT), WAITROSE (WAITROSE.COM)



FINE FOODS SPICED FUDGE FESTIVAL BAUBLE, **£7,** CRABTREE & EVELYN (CRABTREE-EVELYN.CO.UK)



POLKA PASTEL CHAMPAGNE FLUTES (SET OF 4), **£29.95,** ANNABEL JAMES (ANNABELJAMES.CO.UK)



GOURMET CHEESE CAMEMBERT BAKER, **£12,** SAINSBURY'S (SAINSBURYS.CO.UK)



BIBA DECO TEAPOT, **£30,** HOUSE OF FRASER (HOUSEOFFRASER.CO.UK)

ALL PRICES CORRECT AT TIME OF GOING TO PRESS
*CALLS FROM LANDLINES ARE CHARGED AT THE STANDARD NATIONAL RATE; CALLS FROM MOBILES MAY COST MORE.



ROBIN NAPKINS (SET OF 4 IN GIFT BOX), **£40,** ANNABEL JAMES (ANNABELJAMES.CO.UK)



HAMPER MADE UP OF A SELECTION, ITEMS FROM **£1.99,** DOBBIES GARDEN CENTRES (DOBBIES.COM)



FICHI RICOPERTI (CHOCOLATE-COATED STUFFED DRIED FIGS), **£9.95,** CARLUCCIO'S (CARLUCCIOS.COM)



HERSHEY'S CHOCOLATES TINS, **£10 EACH,** BHS (BHS.CO.UK)



STAR COPPER COOKIE CUTTERS (SET OF 2), **£5.25,** THE OAK ROOM, (OAKROOMSHOP.CO.UK)



ARTISAN DU CHOCOLAT NO 25 SEA SALTED CARAMELS WITH SPICED FIGS, **£14.99,** JOHN LEWIS (JOHNLEWIS.COM)



LSA ONO JUG 1.2L PITCHER, **£31,** DESIGN 55 INTERIORS (DESIGN55ONLINE.CO.UK)



PANDORO (SWEET YEAST BREAD), **£16.95,** CARLUCCIO'S (CARLUCCIOS.COM)

Good Housekeeping Institute COOKERY SCHOOL

GIFT VOUCHER FOR THE GOOD HOUSEKEEPING INSTITUTE COOKERY SCHOOL. FROM **£30,** GOODHOUSEKEEPING.CO.UK/INSTITUTE/COOKERY-SCHOOL OR CALL 020 7439 5500*

Good Housekeeping Institute COOKERY SCHOOL

Come cook with us!

Learn hands-on cooking skills from our expert team in the heart of London. Whether you're keen to learn the basics or an experienced home cook wanting to extend your repertoire, there's a course for you featuring Good Housekeeping Triple-Tested recipes.









BOOK NOW!

With over 20 courses, there is something for everyone at The Good Housekeeping Institute Cookery School. Half-day courses cost just £90; full-day courses are £180. See the full class schedule and book online at goodhousekeeping.co.uk/institute/cookery-school or call 020 7439 5500* to speak to a member of the team.

*Calls from landlines are charged at the standard national rate; calls from mobiles may cost more.

Good Housekeeping – teaching the nation to cook since 1922

21-25 St Anne's Court, London W1F 0BJ. email: cookeryschool@goodhousekeeping.co.uk



PHOTO: HEARST MAGAZINES UK, MEASURING SPOONS, £8, NEXT

Essential Cook's Information

WEIGHTS

Metric	Imperial
15g	½oz
25g	1oz
40g	1½oz
50g	2oz
75g	3oz
100g	3½oz
125g	4oz
150g	5oz
175g	6oz
200g	7oz
225g	8oz
250g	9oz
275g	10oz
300g	11oz
350g	12oz
375g	13oz
400g	14oz
425g	15oz
450g	1lb
550g	1¼lb
700g	1½lb
900g	2lb
1.1kg	2½lb

MEASURES

Metric	Imperial
5mm	¼in
1cm	½in
2cm	¾in
2.5cm	1in
3cm	1¼in
4cm	1½in
5cm	2in
7.5cm	3in
10cm	4in
15cm	6in
18cm	7in
20.5cm	8in
23cm	9in
25.5cm	10in
28cm	11in
30.5cm	12in

LIQUIDS

Metric	Imperial
5ml	1tsp
15ml	1tbsp
25ml	1fl oz
50ml	2fl oz
100ml	3½fl oz
125ml	4fl oz
150ml	5fl oz (¼ pint)
175ml	6fl oz
200ml	7fl oz
250ml	9fl oz
300ml	½ pint
500ml	18fl oz
600ml	1 pint
900ml	1½ pints
1 litre	1¾ pints

TEMPERATURES

°C	Fan oven	Gas mark
110	90	¼
130	110	½
140	120	1
150	130	2
170	150	3
180	160	4
190	170	5
200	180	6
220	200	7
230	210	8
240	220	9



ALWAYS REMEMBER

- Ovens and grills must be preheated to the specified temperature before cooking.
- Use one set of measurements – never mix metric and imperial.
- All spoon measures should be level, unless otherwise stated.

OUR RECIPES ALWAYS WORK!



What does the Good Housekeeping Institute guarantee mean?

Our expert cookery team triple-tests every recipe featured in Good Housekeeping. We have our own dedicated kitchens where ideas are created, then tested until perfect. The result? You can be confident our recipes work every time and taste fantastic.